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APPLE MUFFIN SQUARES (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B-1

Ingredients	100 Servings		Directions
	Weight	Measure	
All-purpose flour	2 pounds	2 qt	<ol style="list-style-type: none"> 1. Blend flours, dry milk, baking powder, cinnamon, sugar and salt for 5 minutes on low speed. Add cored and chopped apples (peel if desired). 2. Combine eggs and water, add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15 to 20 seconds. 3. Add oil slowly while mixing on low speed approximately 40 seconds. DO NOT OVERMIX. Batter will be lumpy. 4. Pour 3 lb., 8 oz (1-3/4 qt) batter into each of two steam table pans 12x20x2-1/2" which have been lightly oiled. 5. Bake until lightly browned: Conventional oven, 425°F for 25 minutes; convection oven, 350°F for 15 minutes. Cut each pan into 25 rectangles. 6. Cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter into oiled muffin pans with No. 24 scoop (2-2/3 Tbsp.) Fill no more than 2/3 full. Bake until lightly browned: Conventional oven, 400°F for 18 to 20 minutes; convection oven, 350°F for 12 to 15 minutes.
Whole wheat Flour	1 pound 8 oz	1 qt., 2 cups	
Non-instant, nonfat dry milk OR I	3 1/2 oz	3/4 cups	
Instant nonfat dry milk	3 1/2 oz	1 1/2 cups	
Baking powder	3 oz.	1/2 cup less 1 tsp.	
Cinnamon	1 oz.	4 Tbsp	
Sugar	14 oz.	2 cups	
Salt	1/2 oz	1 Tbsp, 1 tsp	
Chopped apples	1 lb	3 cups	
Large eggs	10 oz	6 eggs	
Water		1 qt 1-1/2 cups	
Vegetable Oil	5 1/2 oz.	3/4 cup	
Serving Size : 1-1/2 bread servings (1.5 oz. each square) Nutrients Per Serving:			Calories 108 Fat 2.19 g Sodium 181 mg

CHEWY BREAD STICKS (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B 2

Ingredients	100 Servings		Directions
	Weight	Measure	For best results, have all ingredients and utensils at room temperature.
Active dry yeast*(see note)	1-1/4 oz	1/4 cup	<ol style="list-style-type: none"> 1. Dissolve dry yeast in warm water. Let stand for 4 or 5 minutes. (For instant yeast, use 1 oz. at step 2 and omit step 4.) 2. Place all dry ingredients (flour, cornmeal, dry milk, sugar and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes. 3. Add water and mix on low speed for 1 minute. 4. Add dissolved yeast and mix on low speed for 2 minutes. 5. Add shortening and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90°F) for 45 to 60 minutes. 8. Punch down dough to remove air bubbles and let rest 15 minutes. 9. Divide dough into four pieces, 3 lb., 8 ounces each. Dive each dough piece into 25 breadsticks about 10-12 inches long, 25 per 18x26" pan (4). Place width-wise on lightly greased sheets sprinkled with cornmeal. 10. Place sheet pans in a warm area (about 90°F) until dough doubles in size, 30-50 minutes or as time allows. 11. Bake until brown: conventional oven, 400°F for 5 minutes; convection oven, 350°F for 10-15 minutes. Cool
Water, warm (90°F)	16 oz.	2 cups	
All-purpose or bread flour	6 lb., 12 oz.	6 qt., 3 cups	
Cornmeal	12 oz.		
Non-instant, nonfat dry milk or	6 oz.	1-1/4 cups	
Instant nonfat dry milk	or	or	
Sugar	6 oz.	2-1/2 cups	
Salt	3 oz.	1/2 cup	
Water (70-75°F)		2 Tbsp.	
Shortening	3 lb.	1-1/2 qt.	
Cornmeal	3-1/4 oz.	1/2 cup	
Water, as needed		1/4 cup	
Serving Size : 1 breadstick provides 2 bread servings.			Nutrients Per Serving:
			Calories 144
			Fat 1.37 g
			Sodium 139 mg

Note: To use high-activity (instant) yeast, follow step 2 directions or manufacturer's instructions. Continue with steps 7-12.

CILANTRO RICE (from MN Chef Child Promotion, Minneapolis School District)

BREADS AND GRAINS - B-3

Ingredients	50 Servings		Directions
	Weight	Measure	
White rice (uncooked)	3 lb 4 oz		1. Sauté onions in butter until translucent. 2. Add rice, stir and coat with butter. 3. Add chicken stock and water and bring to boil. Place in 12x20x2-1/2" steam table pan and cover. 4. Bake in 350°F degree oven for 20-30 minutes. Stir in salt, cilantro and peppers, for color and taste.
Chicken Stock		2 qt.	
Water		1-1/2 qt.	
Onion, diced		1 cup	
Cilantro, chopped - (no stems)		1/2 cup	
Red bell peppers, diced		1/2 cup	
Green bell peppers, diced		1/2 cup	
Salt		2 Tbsp	
<div> <div> Serving Size: 1/2 cup (No. 8 scoop) contributes 1 serving bread/grain. </div> <div> Nutrients Per Serving: </div> <div> Calories 147 Fat 3.4 g Sodium 368 mg </div> </div>			

SC - CINNAMON ROLLS

BREADS & GRAINS - B-4

Ingredients	210 Servings		For _____ Servings	Directions
	Weight	Measure		
Dry Skim Milk Sugar, white granulated Dry Yeast Warm Water Shortening Flour, enriched all-purpose Salt Dry Eggs MIX INTO DOUGH: Cinnamon Sugar, white granulated Raisins (optional)	20 pounds	2-1/2 cups 1 quart 1/2 cup 1 gallon + 2 quarts + 1 cup 1 cup 1/3 cup 2 cups 1 cup 2 quarts + 2 cups 2 quarts		1. In a large bowl, combine skim milk, sugar, yeast, and warm water. 2. Let yeast proof, then stir in flour, shortening, salt, and eggs to form dough. 3. Knead. 4. Let rise 45 minutes, punch down, then roll dough into large rectangles, 5. Combine cinnamon, sugar, and raisins; sprinkle over dough, then roll into jellyroll shapes. 6. Cut, place cut rolls into six, 18x26x2" greased pans. 7. Bake: Conventional oven - 350°F for 40 minutes to 1 hour, or until rolls are lightly browned.
<div> Serving Size : . Each serving contributes 2- 3/4 servings bread/grain toward meeting meal pattern requirements. Nutrients Per Serving: <div> Calories249 Fat1.80 g Sodium195 mg </div> </div>				

SC - COWBOY BREAD

BREADS & GRAINS - B-5

Ingredients	50 Servings		672 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Flour, enriched all-purpose Brown Sugar Salt Eggs, dry Shortening Baking Powder Soda Nutmeg Cinnamon Water Skim Sour Milk			15-3/4 pounds 12 pounds 7 pounds	1/2 cup + 2-1/2 tsp 1-1/2 cups 3/4 cup + 2 Tbsp 1/2 cup + 2-1/2 tsp 1/2 cup + 2-1/2 tsp 1/2 cup + 2-1/2 tsp 2 quarts + 2-1/2 cups 1 gallon + 1 quart + 1 cup		1. Mix shortening and sugar. 2. Add eggs plus 1-2/3 cups water. 3. Mix in flour, salt, baking powder, soda, nutmeg and cinnamon, then blend in 8-3/4 cups water until smooth. 4. Slowly add milk until smooth and creamy. 5. Spray 7 pans and add 4 quarts batter per pan. 6. Bake: Convection oven - 325°F 30 to 40 minutes. 7. Cut 8 x 12.
<div> <div> Serving Size :. 1 piece Each .9 oz. serving contributes 1/2 serving bread/grain alternate. </div> <div> Nutrients Per Serving: Calories 116 Fat 4.94 g Sodium 181 mg </div> </div>						

FRUIT AND OAT MUFFINS

(Developed by The Pennsylvania State University School of Hotel, Restaurant & Recreation Management for The Sugar Association, Inc. .)

BREADS AND GRAINS - B-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	14 ounces	1 lb 12 oz	1 lb 12 oz	1 qt 1-1/2 cups		<ol style="list-style-type: none"> 1. Combine flours, oatmeal, baking powder, baking soda, cinnamon, and salt in a mixing bowl. Using the paddle attachment, blend for 1 minute at low speed. 2. Add egg whites and brown sugar and mix at low speed for 2 minutes. Scrape sides of bowl. 3. Add applesauce, oil, vanilla, and raisins and mix at low speed until smooth, about 5 minutes. 4. Using a No. 16 scoop (2-1/2 oz), portion batter into paper-lined muffin tins (4x6). For 50 servings, use 3 tins. For 100 servings, use 5 tins. 5. To bake: Conventional Oven 375°F, 20 minutes, Convection Oven 350°F, 20 minutes until top is golden brown.
Whole-wheat flour	1 lb	3-1/4 cups	2 lb	1 qt 2-1/2 cups		
Oatmeal	5 oz	1-1/4 cups	10 oz	2-1/2 cups		
Baking Powder		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp		
Baking Soda		2 tsp		1 Tbsp 1 tsp		
Ground Cinnamon		1 tsp		2 tsp		
Salt		1 tsp		2 tsp		
Frozen egg whites, thawed	8 oz	1 cup	1 lb	2 cups		
or Fresh large egg whites		4 each		8 each		
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups		
Applesauce	3 lb	1 qt 1-1/2 cups	6 lb	2 qt 3 cups		
Vegetable oil		1-1/3 cups		2-2/3 cups		
Vanilla extract		2 Tbsp		1/4 cup		
Raisins	8 oz	2 cups	1 lb	1 qt		

FRUIT AND OAT MUFFINS (Continued)

Serving Size :. 1 muffin	Nutrients Per Serving:	Calories	199
Provides 1/8 cup of fruit and 1-1/4		Fat	6.3 g
servings of grains/breads		Sodium	186 mg

Variation

a. Peach and Oat Muffins

50 servings: Follow steps 1, 2 and 3. In step 4, using 1 lb 9 oz of canned peaches, diced, place 1 Tbsp (1/2 oz) on top of each muffin. In step 5, bake in a 375°F, conventional oven for 30 minutes or in a 350°F, convection oven for 25 minutes.

100 serving: Follow steps 1, 2 and 3. In step 4, using 3 lb 2 oz of canned peaches, diced, place 1 Tbsp (1/2 oz) on top of each muffin. In step 5, bake in a 375°F, conventional oven for 30 minutes or in a 350°F, convection oven for 25 minutes.

FRUIT BASKET UPSET (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B-7

Ingredients	100 Servings		Directions
	Weight	Measure	
Water	3 lb	1-1/2 qt	<ol style="list-style-type: none"> 1. Place water in 20-quart mixing bowl. 2. Add flour, sugar, instant dry milk, salt and shortening. Blend on low for 45 seconds. 3. Sprinkle instant yeast over dough. Mix on medium speed to full development (about 5 to 7 minutes for all-purpose flour and 8 to 10 minutes for bread flour). 4. Cover dough in bowl. Let set until doubled in bulk (about 30 to 40 minutes). 5. Combine fruit, soaked and drained raisins, cinnamon sugar mix and eggs. 6. Place 4 lb 7 oz dough on bench and flatten by hand. Place 1/2 (about 2 1/2 qt) fruit filling in center of dough. Fold four corners to center over filling. Using a scraper, chop dough until filling is blended in dough. Repeat for each pan. (Mixture will be rough and messy.) 7. Place (scoop) dough mixture on two, greased 18x26" sheet pans. Proof until dough rises to top of pan. 8. Bake at (375°F conventional; 350°F convection) for 18 minutes. Optional: Drizzle with water glaze icing while hot.
All-purpose flour*	5 lb	5 qt	
Granulated sugar	5 oz	2/3 cup	
Instant nonfat dry milk	2-1/2 oz	1/2 cup	
Salt	1 oz	2 Tbsp.	
Shortening	4 oz	1/2 cup	
Instant dry yeast	1-1/3 oz	1/4 cup	
Fruit, fresh or canned, drained	2 lb, 8 oz	2 qt	
Raisins** or nuts	1 lb, 12 oz	1 qt	
Cinnamon sugar mix	1 lb	1 qt	
Eggs	1 lb	8 eggs	
Serving Size : 1 grain serving, 1/8 c. fruit serving			Nutrients Per Serving:
			Calories 159 Fat 1.9 g Sodium 122 mg

*Use up to 1/2 flour weight as whole wheat flour.

**Measure/weigh raisins, then soak for 5 minutes and drain.

GOOD FOR YOU CINNAMON ROLLS (Developed by Alabama Department of Education)

BREADS AND GRAINS - B-8

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Whole wheat Flour	1 lb 5 oz		2 lb 10 oz		1. Mix sugar and salt in mixer bowl. 2. Add half of warm water, yeast and shortening. Mix well. 3. Mix flour and dry milk together, add gradually to make dough with remaining water. 4. Beat approximately 10 minutes or until dough pulls away from bowl. 5. Cover dough in bowl and let rise until double in size. 6. Punch down dough to remove air bubbles. Divide dough into 2 or 4 portions. Place on lightly floured surface. 7. Combine cinnamon and sugar. Mix well. 8. Roll each ball of dough into a 25 x 10 rectangle 1/4" thick. 9. Lightly brush with oil, sprinkle approximately 1/2 cup cinnamon-sugar mixture and 1 cup raisins over each rectangle. 10. Roll each rectangle on the long side to form a long slender roll. Cut each roll 2" thick with dough cutter. 11. Place on lightly oiled sheet pan 10 down, 5 across. Place in proof box, let rise. 12. Bake 350°F for 12-14 minutes.
All Purpose Flour	1 lb 5 oz		2 lb 10 oz		
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar		1/2 cup		1 cup	
Yeast (Instant)		1/4 cup, 2 Tbsp		3/4 cup	
*Shortening (melted)		1/2 cup		1 cup	
*Nonfat Dry Milk		1/4 cup, 1 tsp.		1/2 cup 2 tsp	
Warm Water	1 qt 1/2 cup		2 qt 1 cup		
Cinnamon		1-1/2 Tbsp		3 Tbsp	
Brown Sugar	1/2 lb		1 lb		
*Raisins	1 pint		1 qt		
*Oil		1/4 cup		1/2 cup	
Serving Size : One 2 oz. roll provides 2 bread/bread alternate. Nutrients Per Serving:					Calories 158 Fat 3.5 g Sodium 100 mg
					YEILD: 50 servings, 1 sheet pan 100 servings, 2 sheet pans

*Commodity food item

GREAT AMERICAN CINNAMON ROLL (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B-9

Ingredients	144 Servings		Directions
	Weight	Measure	For best results have ingredients at room temperature.
Whole wheat flour	5 lb	21-1/3 cups	<ol style="list-style-type: none"> 1. Mix dry ingredients except water for 1 to 2 minutes. 2. Add water and mix on low speed 3 to 4 minutes. Shift to speed 2 and mix 8 to 10 minutes, until dough is properly developed. 3. Let rest 15 to 30 minutes; covered. 4. Combine smear ingredients. Mix on low to form paste. Store at room temperature 3 to 4 days; refrigerate up to 4 weeks. 5. Shape into cinnamon rolls. Six, 18 x 26 x 1" pans: 3 pounds 4 ounces dough per pan. Roll out each 3 pound 4 oz dough piece into 24-inch wide rectangle. Brush with water. Spread cinnamon smear in thin layer, leaving a 2-inch strip on one edge free of smear. Roll up like a jelly roll, ending on the unsmeared edge. Cut and place 24 rolls, 4x6 (24 per pan), on sheet pans or 5x6 (30 per pan). Proof until doubled, about 1 hour. Bake at 350°F (325°F convection) for about 20 minutes. Do not underproof or centers will spring up.
bread flour	5 lb	16-3/4 cups	
Brown Sugar	1 lb	2-1/3 cups	
Shortening	12 Oz	2 cups	
Nonfat instant dry milk (NFDM)	4 oz	1-1/4 cups	
Salt	3.5 oz	7 Tbsp.	
Instant active dry yeast*	4 oz	3/4 cup	
Water	7 lb (approx.)	14 cups (3-1/2 qt.)	
<u>Cinnamon smear:</u>			
Brown sugar	1 lb, 8 oz	3-1/3 cups	
Margarine or butter	1 lb	2 cups	
Cinnamon	2 oz	1/2 cup	
Flour or cake crumbs	4 oz	About 1 cup	
**Raisins	4.5 lb	12 3/4 cups (3 qt. 3/4 cup)	
Serving Size : 1 portion provides 2 bread servings			Nutrients Per Serving:
			Calories 201
			Fat 5.8 g
			Sodium 353 mg

*Note: If using regular active dry yeast, pre-dissolve 4.5 ounces in 2 quarts (pounds) 95 °F water, 5 minutes. Add remaining 3 pounds water (68 °F).

**Cover in water for 5 minutes; then drain. Sprinkle over smear; roll as directed. (Adding raisins produces a 2-1/2 oz. roll)

SC - LOW FAT FRENCH BREAD

BREADS & GRAINS - B-10

Ingredients	50 Servings		168 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Yeast Water Sugar, white granulated Oil Salt Flour, bread Flour, Whole-wheat			2-1/2 quarts 5 pounds + 2 ounces 1 pounds + 3 ounces	3/4 cup 1/2 cup 1/2 cup 1/4 cup		1. Combine ingredients in mixer. Mix on low speed, then high speed 10 minutes. 2. Let rise 30 minutes in mixer 3. Form into seven 2-pound loaves. 4. Bake: Convection oven - 350°F for 20 minutes.

Serving Size : . 1 slice
 Each .9 oz slice contributes 1 serving
 bread/grain toward meeting meal pattern
 requirements.

Nutrients Per Serving:

Calories

71

Fat

.98 g

Sodium

167 mg

MLP - MUFFINS

BREADS & GRAINS - B-11

Ingredients	50 Servings		300 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, enriched all-purpose Sugar, white granulated Baking Powder Salt Eggs Skim Milk Vegetable Oil Frozen Blueberries or Other fruit			10 - 3/4 pounds 2 pounds + 11 ounces	1-1/4 cups 1/4 cup + 2 Tbsp 2 Dozen 4-1/2 quarts 1 quarts + 2-1/2 c. 1 gallon + 1 pint	STEAMER 1. Combine all dry ingredients. 2. In separate bowl, combine all liquid ingredients. 3. Add liquids to dry ingredients and mix until flour is moistened. 4. Fold in blueberries or other fruit. 5. Using a #20 scoop, portion into 4 ounce muffin tins lined with muffin papers. 6. Bake: Convection oven - 350°F for 20 minutes or until tests done. Conventional oven - 350°F for 25 minutes or until tests done.
<div> Serving Size : . 1 muffin Each serving contributes 1 serving bread/grain toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: </div> <div> Calories 132 Fat 5.37 g Sodium 250 mg </div>					

SC - PUMPKIN BREAD

BREADS & GRAINS - B-12

Ingredients	576 Servings		For _____	Directions
	Measure	Weight	Servings	
Sugar, white granulated	10 pounds + 10 ounces			<ol style="list-style-type: none"> 1. Cream oil, sugar together until smooth. 2. Add eggs and 6 cups water. Mix for 2 to 3 minutes. 3. Add pumpkin. Mix until batter looks creamy. 4. Mix in flour, salt, cinnamon, cloves, nutmeg, soda, baking powder. 5. Add rest of water (8 cups). 6. Fold in raisins and walnuts. 7. Spray six 18x26x2" pans. Scale loaves 4 quarts per pan. 8. Bake: Conventional oven - 325°F for 30 to 40 minutes.
Salt		1/4 cup + 3 Tbsp		
Flour, enriched all-purpose	7 pounds + 2 ounces			
Cinnamon		2 Tbsp + 2 tsp		
Cloves		2 Tbsp + 2 tsp		
Nutmeg		2 Tbsp + 2 tsp		
Soda		5 Tbsp + 1 tsp		
Baking Powder		1 Tbsp + 1 tsp		
Dry Eggs		6 cups		
Water		6 cups		
Vegetable Oil		2 quarts		
Pumpkin, canned		1-#10 can		
Raisins		2 quarts		
Walnuts		1/2 gallon + 1 quart		
Water		2 quarts		
Serving Size : . 1 piece - 2x2-1/4 1 serving contributes 1/4 bread/grain		Nutrients Per Serving:	Calories 111 Fat 5.14 g Sodium 133 mg	

PUMPKIN PATCH MUFFINS (Developed by Alabama Department of Education)

BREADS AND GRAINS - B-13

Ingredients	24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
* All Purpose Flour		1-1/2 cups		1 qt., 1 pt	1. Heat oven to 400°F. 2. Grease bottoms of muffin cups. 3. Mix all ingredients only until flour is moistened. 4. Using a 330 scoop, fill muffin cups 2/3 full. 5. Bake 15 to 20 minutes. Immediately remove from pan.
*Whole-wheat Flour		1-1/2 cups		1 qt., 1 pt	
Sugar		1 cup		1 qt	
Baking Powder		1 Tbsp 1 tsp		5 Tbsp 1 tsp	
Salt		1 tsp		1 Tbsp 1 tsp	
Cinnamon		1 tsp		1 Tbsp 1 tsp	
Nutmeg		1 tsp		1 Tbsp 1 tsp	
*Nonfat Dry Milk, reconstituted		1 cup		1 qt	
Pumpkin, canned		1/2 cup		1 pt	
Corn Oil		1 cup		8	
Eggs				1 qt	
*Raisins					
Serving Size : 1 muffin provides 1 bread/bread alternate.		Nutrients Per Serving:		Calories 161 Fat 5.3 g Sodium 162 mg	YIELD: 24 Servings: 1 muffin pan, 24 to each pan 96 Servings: 4 muffin pans, 24 to each pan

*Commodity food item.

MLP - SEASONED RICE/RICE PILAF

BREADS AND GRAINS - B-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or Margarine Parsley Flakes Onion Flakes Uncooked Rice Water			1/2 pound	1/4 cup + 2 Tbsp 1/4 cup + 2 Tbsp 1 gallon 2 gallons + 2 quarts	Steamer 1. Melt butter or margarine. Place all ingredients except rice in 19-7/8 x 11-7/8" steam table pan. Mix well. 2. Add rice. Stir thoroughly. 3. Cover tightly. Cook in steamer for 55 minutes. Convection Oven 1. Melt butter or margarine. Combine all ingredients in steam table pan. 2. Cover tightly and bake for 1 hour at 350° F. Stir once during baking. Conventional Oven 1. Melt butter or margarine. Combine all ingredients in steam table pan. 2. Cover tightly and bake at 400°F for 30 minutes. Reduce heat to 375°F and finish baking for approximately 45 minutes.
<div> <div> Serving Size : 1/2 cup Each serving contributes 1 serving bread/grain alternate toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: </div> <div> Calories 59 Fat 1.93 g Sodium 146 mg </div> </div>					

THREE GRAIN PILAF (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B 15

Ingredients	100 Servings		For _____ Servings	Directions
	Weight	Measure		
Vegetable oil	3.5 oz	1/2 cup		<ol style="list-style-type: none"> 1. Use pan spray or oil to grease two, 12x20x2" pans. Add oil and heat in (425°F conventional; 400°F convection) oven. Stir in the (3#/pan) grains and sauté about 7 minutes, stirring two or three times. Bubbles may appear-- should smell like grains are roasting. 2. Stir in the vegetables (1#/pan) and hot water (3-1/2 qt/pan) with bouillon dissolved or the broth and salt. 3. Cover pans tightly and reduce oven temperature to (350°F conventional; 300°F convection). Bake 15 to 30 minutes, until moisture is absorbed. 4. Remove pans from oven and let stand a minimum of 5 minutes. Fluff, if desired and serve, garnished with toasted almonds.
Bulgur, dry	3 lb	2 qt., 3/4 cup		
White enriched rice, dry**	2 lb	1 qt., 1/4 cup		
Pearl barley, dry	1 lb	3-1/4 cups		
Carrot, coarsely grated	1 lb	1 pt		
Onion, chopped	1 lb	2-1/4 cups		
Hot water or broth	14 lb	7 qt		
*Bouillon	1.5 oz	12 cubes		
*Salt		2 Tbsp		
Almonds, sliced, toasted	10 oz	2-2/3 cups		
Serving Size : 1 bread alternate		Nutrients Per Serving:		
		Calories	126	
		Fat	2.88 g	
		Sodium	141 mg	

Note: This recipe can be prepared with all bulgur or any combination of these grains. *Salt is not needed if bouillon is used. **Do not substitute minute or brown rice.

TOAST CUPS (Developed by The Wheat Foods Council)

BREADS AND GRAINS - B 16

Ingredients	50 Servings		100 Servings		Directions																												
	Weight	Measure	Weight	Measure																													
White, multigrain or whole wheat bread			6 lb., 4 oz.	100, 1 oz. slices (sandwich style)	1. Spray medium-sized muffin tins. Push slice of bread into each cup so corners point out of each cup. 2. Lightly spray the bread placed in the muffin cups. 3. Bake in a hot (425°F conventional; 400°F convection) oven just to toast, about 5 minutes.																												
Pan release spray																																	
<table><tr><td colspan="2">Serving Size :. 1 bread serving</td><td colspan="2">Nutrients Per Serving:</td><td>White</td><td>Whole Wheat</td><td>Multi-Grain</td></tr><tr><td colspan="2"></td><td colspan="2">Calories</td><td>75.4</td><td>70</td><td>65</td></tr><tr><td colspan="2"></td><td colspan="2">Fat</td><td>0.888 g</td><td>1.22 g</td><td>0.93 g</td></tr><tr><td colspan="2"></td><td colspan="2">Sodium</td><td>142 mg</td><td>180 mg</td><td>106 mg</td></tr></table>						Serving Size :. 1 bread serving		Nutrients Per Serving:		White	Whole Wheat	Multi-Grain			Calories		75.4	70	65			Fat		0.888 g	1.22 g	0.93 g			Sodium		142 mg	180 mg	106 mg
Serving Size :. 1 bread serving		Nutrients Per Serving:		White	Whole Wheat	Multi-Grain																											
		Calories		75.4	70	65																											
		Fat		0.888 g	1.22 g	0.93 g																											
		Sodium		142 mg	180 mg	106 mg																											

Serving suggestions: Serve chili or other thick soups or stews in toast cups. Use in place of biscuits when serving a meat gravy to reduce dietary fat.

SC - WHITE BUNS

BREADS & GRAINS - B-17

Ingredients	50 Servings		200 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Water Sugar, white granulated Salt Vegetable Shortening, soybean Powdered Eggs Powdered Skim Milk, dry Flour, enriched all-purpose Flour, whole wheat Dry Yeast			1 pound 18 pounds 2 pounds	1-1/2 gallons 1 quart 1/3 cup 2 cups 2-1/2 cups 1/2 cup		1. Put all ingredients in VCM at one time. 2. Using dough hook mix until smooth and elastic. 3. Makes 200 - 2 ounce buns. Put 24 buns in an 18x26x2" pan. Flatten to make bun shaped. 4. Let rise until double. 5. Bake: Convection oven - 350°F for 15 minutes, or until lightly browned.
Serving Size : Each serving contributes 3 servings bread/grain alternate toward meeting meal pattern requirements.		Nutrients Per Serving:		Calories Fat Sodium	212 3.12 g 204 mg	

SC - WHOLE WHEAT BREAD

BREADS & GRAINS - B-18

Ingredients	50 Servings		450 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Flour, enriched all-purpose Flour, whole wheat Dry Yeast Warm Water Sugar, white granulated Dry Eggs, powdered Milk, nonfat dry Salt Oil			15 pounds 5 pounds	1 cup 1-1/2 gallons 4-1/2 cups 2 cups 3 cups 3/4 cup 2-1/2 cups		1. Mix yeast with 1/2 gallon lukewarm water. 2. Put oil, half of lukewarm water, and all the dry ingredients in VCM. Add yeast, mixed with warm water. Mix for 3 minutes or until elastic-like. Let rise.. 3. When double in size, make into loaves, and put 4 loaves per pan (18x26x2"). 4. Let rise until double. 5. Bake: Convection oven - 325°F for 45 minutes or until golden brown. Makes fifteen 2-1.2# loaves, 30 servings per loaf.
<div> <div> Serving Size : . 1 slice. Each .9 oz. serving contributes 1 bread/grain alternate toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: Calories Fat Sodium </div> <div> 97 1.63 g 195 mg </div> </div>						

MLP - APPLE CRISP

DESSERT - C-1

Ingredients	50 Servings		225 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Topping: Butter or Margarine, soft Oatmeal Flour, enriched all-purpose Brown Sugar Base: Apples, chopped Sugar, white granulated Flour Cinnamon			3 pounds 3 pounds 3 pounds 10 pounds 8 pounds 2 pounds	9 #10 cans 3/4 cup		1. Combine topping ingredients in mixer. 2. Combine all base ingredients and put in three 18x26x2" pans that are lightly greased or use non-stick coating spray. 3. Cover with topping. 4. Poke down with spoon. 5. Bake: Conventional Oven - 425°F for about 45 minutes until brown and bubbly. Cool. Convection Oven - 350°-375°F for about 35 minutes until brown and bubbly.
Serving Size : . 3-1/2 x 1-3/4" Each serving contributes 2/5 cup fruit and 1/2 bread/grain serving.		Nutrients Per Serving:		Calories Fat Sodium	296 5.84 g 59 mg	

SC - APPLE FIG OATMEAL BAR

DESSERT - C-2

Ingredients	160 Servings		For	Directions
	Weight	Measure	Servings	
CRUST Flour, enriched all-purpose Salt Brown Sugar Butter Rolled Oats Filling Apple Sauce Fig Nuggets Nutmeg Cinnamon (Spread 3/4 crust in pan. Add filling, top with crust crumble)	3 pounds + 6 ounces 2 pounds + 10 ounces 2 pounds 2 pounds + 2 ounces 9 pounds + 2 ounces 5 pounds + 12 ounces	2 Tbsp 3 tsp 2 tsp		1. CRUST. Mix all together -- Reserve 6 cups for top 2. Put rest of crust in two 18 x 26" pans. 3. FILLING. Mix together, put on top of crust. Crumble approximately 3 cups of topping on top of each pan. 4. Bake: Convection oven - 325° F for 35-40 minutes. Cool. 5. Cut 8x10.
<div> Serving Size : 1 piece - 2-1/4 x 2-1/2" </div> <div> Nutrients Per Serving: </div> <div> Each serving contributes 1/8 cup fruit 3/4 Bread/grain toward meeting meal pattern requirements. </div> <div> Calories 199 Fat 5.91 g Sodium 140 mg </div>				

APPLE SPICE BARS

(Developed by The Pennsylvania State University School of Hotel, Restaurant & Recreation Management for The Sugar Association, Inc. .)

DESSERT - C-3

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 cups		1 qt	<ol style="list-style-type: none"> 1. In a mixing bowl using the paddle attachment, blend oil and brown sugar for 30 seconds at low speed. 2. Add apple butter, egg whites, applesauce, and cinnamon and blend for 1 minute on low speed. Scrape down sides of bowl. 3. Add flours, oats, baking soda, and salt and mix for 30 seconds at low speed. Scrape down sides of bowl and mix at medium speed for 30 seconds. 4. Spread 2 qt (4 lb 12 oz) of batter evenly over the bottom of each pan. For 50 servings, use two lightly-greased half sheet pans (18x13x1"). For 100 servings, use four pans. 5. In a bowl, stir applesauce and cinnamon until blended. Spread 1-3/4 cups (1 lb) over the top of each pan of batter. 6. To bake: Conventional Oven 350°F, 45 minutes Convection Oven 325°F, 50 minutes until lightly browned. 7. Cut each pan into 25 bars (5x5).
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Apple butter	8 oz	1 cup	1 lb	2 cups	
Frozen eggs whites, thawed or Fresh large egg whites	8 oz	1 cup	1 lb	2 cups	
Applesauce	2 lb	7 each		14 each	
Ground Cinnamon		3 1/2 cups	4 lb	1 qt 3 cups	
All-purpose flour		2 Tbsp		1/4 cup	
Whole-wheat flour	1 lb 12 oz	1 qt 1-1/2 cups	3 lb 8 oz	2 qt 3 cups	
Rolled oats	8 oz	1-1/2 cups	1 lb	3 cups	
Baking soda	1 lb 12 oz	2 qt 1 cup	3 lb 8 oz	1 gal 2 cups	
Salt		1 Tbsp		2 Tbsp	
Applesauce	2 lb	2 tsp	4 lb	1 Tbsp 1 tsp	
Cinnamon		3-1/2 cups		1 qt 3 cups	
		1 tsp		2 tsp	
Serving Size : 1 piece provides 1/8 cup of fruit.					
Nutrients Per Serving:					
Calories					289
Fat					10 g
Sodium					183 mg

MLP - AUTUMN CRUNCH DESSERT

DESSERT - C-4

Ingredients	50 Servings		180 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Mashed Sweet Potatoes, canned Sugar, white granulated Brown Sugar Salt Cinnamon Nutmeg Dry Eggs Water Skim Milk			7 pounds 2 pounds 1 pound + 6 ounces	1 Tbsp 1 Tbsp + 1/2 tsp 1 tsp 4 cups 4 cups 4 cups		<ol style="list-style-type: none"> 1. Mix together well the sweet potatoes and sugars. 2. Add salt, cinnamon, nutmeg, dry eggs (mixed with water) and milk. 3. Put in two 18x26" pans. 4. Bake: Convection oven- 325°F for 45-55 minutes. 5. Cut 9x10. Serve with whipped topping.
Serving Size :. 2 x 2-1/2"		Nutrients Per Serving:		Calories	65	
				Fat	.81 g	
				Sodium	75 mg	

SC - AUTUMN SPICE SQUARES

DESSERT - C-5

Ingredients	50 Servings		160 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Shortening Sugar, white granulated Sweet Potatoes, USDA canned, mashed Flour Dry Eggs Baking Powder Cinnamon Nutmeg Ginger Water Vanilla Raisins, USDA, ground			1 pound + 8 ounces 3 pounds 3 pounds + 12 ounces 1 pound + 14 ounces 12 ounces 1 lb 8 oz	 2-1/2 Tbsp 2 Tbsp 1-1/2 Tbsp 1-1/2 Tbsp 2-1/4 cups 1-1/2 Tbsp		1. Cream together shortening, sugar, sweet potatoes, eggs, water and vanilla. 2. Add flour, baking powder, cinnamon, nutmeg, ginger. 3. Fold in ground raisins. Put in two 18 x 26" pans. 4. Bake: Convection oven - 325°F - 350 F for 35-40 minutes. 5. Cut 8 x 10.
Serving Size :. 1 piece - 2-1/4 x 3-1/4" 1/4 Bread/grain		Nutrients Per Serving:		Calories 126 Fat 5.00 g Sodium 48 mg		

MLP - BANANA CAKE

DESSERT - C-6

Ingredients	160 Servings		Directions
	Weight	Measure	
Bananas, mashed Sugar, white granulated Vegetable Shortening Egg Whites, frozen Flour, enriched all-purpose Instant Dry Powdered Milk or Powdered Milk Baking Powder Baking Soda Salt Water Mini Chocolate Chips	9 pounds 5 pounds + 5 ounces 1 pound + 4 ounces 7 pounds	 2-3/4 cups 1 cup 1/2 cup 1/2 cup 1/4 cup 2 tsp 1 quart + 1 cup 3 cups	1. Blend mashed bananas, sugar, shortening and egg whites for 1 minute. 2. Combine flour, dry milk, baking powder, baking soda, and salt and add to above mixture. Blend until dry ingredients are moistened. 3. Gradually add water until blended. DO NOT OVERMIX. Batter will be lumpy. 4. Pour into two 18x26x2” pans that are lightly greased or use non-stick coating spray. 5. Sprinkle with chocolate chips. 6. Bake until browned: Conventional oven - 350°F for 35-45 minutes. Convection oven - 300°F for 25-35 minutes. Cake is done when toothpick inserted in the middle comes out clean.
<div><div>Serving Size :. 1 piece - 2-1/4 x 2-1/2” contributes 1 Bread/grain</div><div>Nutrients Per Serving:</div><div><div>Calories</div><div>204</div><div>Fat</div><div>4.80 g</div><div>Sodium</div><div>206 mg</div></div></div>			

SC - CARROT CAKE

DESSERT - C-7

Ingredients	288 Servings		For _____ Servings	Directions
	Weight	Measure		
Oil		1/2 gallon		1. Cream together oil, sugar, water and eggs for 1 minute. 2. Slowly add prunes puree. 3. Add flour, baking powder, soda, salt, and cinnamon. Mix well. 4. Fold in grated carrots. 5. Pour into three 18x26” pans. 6. Bake: Convection oven - 325 ⁰ F - 350 ⁰ F for 45 to 55 minutes.
Sugar, White granulated	5 pounds	3-1/3 cups		
Dry Eggs		3-1/3 cups		
Water				
Prune, puree	2 pounds + 4 ounces			
Flour, enriched all-purpose	4 pounds + 6 ounces			
Baking Powder		1/4 cup		
Baking Soda		1/4 cup		
Salt		2 Tbsp + 1 tsp		
Cinnamon		1/3 cup		
Grated Carrots	4 pounds + 6 ounces			
Serving Size :. 1 piece 2-1/2 x 2-1/4” contributes 1/4 Bread/grain serving			Nutrients Per Serving:	
			Calories	123
			Fat	6.54 g
			Sodium	142 mg

CHERRY MUFFIN SQUARES (Developed by Alabama Department of Education)

DESSERT - C-8

Ingredients	1 Pan		2 Pans		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	<ol style="list-style-type: none"> 1. Sift together: all purpose flour with baking powder, baking soda, salt and sugar. Stir in whole wheat flour. 2. In separate bowl beat eggs slightly. Add buttermilk, oil and vanilla and beat. Add cherries. 3. Make win middle of dry ingredients. Pour liquid ingredients into well, and stir only until all ingredients are moistened. 4. In another bowl mix topping. Stir until well mixed. 5. Pour batter into 18x26 sheet pan that has been sprayed with food release and lined with pan liner. Sprinkle topping on batter. Bake at 350°F for 22-30 minutes or until inserted toothpick comes out clean.
Baking powder		1 Tbsp 1-1/4 tsp		2 Tbsp 2 1/2 tsp	
Baking soda		1 Tbsp 1/4 tsp		2 Tbsp 1/2 tsp	
Salt		2 Tbsp		1/4 cup	
Sugar	1 lb 2 oz	3 3/4 cups	2 lb 4 oz	1 qt 3-1/2 cups	
Flour, whole wheat	1 lb 8 oz	1 qt 1-3/4 cup	3 lb	2 qt 3-1/2 cups	
Cherries, frozen, sweetened	2 lb 12 oz	1 qt 1-1/2 cups	5 lb 8 oz	2 qt 3 cups	
Buttermilk		1 qt 1 cup		2 qt 2 cups	
Vegetable oil		1 cup 1 Tbsp		2 cups 2 Tbsp	
Vanilla extract		3 Tbsp 1 tsp		1/4 cup 2 Tbsp	
Eggs		5		2 tsp	
Almond extract		2 tsp		10	
Light brown sugar	6 oz	1 cup 2 Tbsp	12 oz	1 Tbsp 1 tsp	
Rolled oats		1/2 cup 2 Tbsp		2-1/4 cups	
Walnuts		1/4 cup 1 Tbsp		1-1/4 cups	
Vegetable oil		2-1/2 Tbsp		1/2 cup 2 Tbsp	
Vanilla extract		2-1/2 tsp		5 Tbsp	
				1 Tbsp 2 tsp	
<i>Cut</i>	<i># of Servings</i>	<i>Contribution for bread/bread alternate</i>	Nutrients Per Serving:		Calories 222
10 x 6	60	1.0			Fat 5.48 g
10 x 5	50	1.5			Sodium 356 mg
8 x 4	32	2.0			

MLP - CHOCOLATE CAKE

DESSERT - C-9

Ingredients	50 Servings	160 Servings	Directions
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	Weight	Measure	Weight	Measure	
Sugar, white granulated Butter or Margarine Vegetable Shortening Cocoa Egg Whites, frozen Cornstarch Flour, enriched all-purpose Baking Soda Salt Water Vanilla Vinegar			5 pounds + 12 ounces 12 ounces 8 ounces 3 pounds + 12 ounces	3 cups 3 cups 2/3 cup 3 Tbsp 1-1/2 Tbsp 1/2 gallon + 1 cup 2-1/2 Tbsp 1 Tbsp	1 Cream sugar, margarine or butter and shortening for 2 minutes in mixer on medium speed. 2. Add cocoa, mix. 3. Add egg whites and beat for 3 minutes on medium speed. 4. Mix cornstarch, flour, baking soda and salt. Add and mix for 1 minute. 5. Slowly add water. 6. Add vanilla and vinegar. Mix for 3 minutes. 7. Scale 8-3/4 pounds and spread in two 18x26x2" pans that are lightly greased or use non-stick coating spray. 8. Bake: Convection oven - 300°F for
Serving Size : .2-1/4 x 2-1/2" contributes 1/2 bread/grain serving			Nutrients Per Serving:		Calories 138 Fat 3.46 g Sodium 162 mg

MLP - CHOCOLATE GLAZE/FROSTING

DESSERT - C-10

Ingredients	50 Servings		160 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered Sugar Cocoa Vanilla Butter or Margarine, softened (optional)			2 pounds + 8 ounces	2/3 cup 2 Tbsp + 2 tsp 1/3 cup		1. Mix all ingredients. 2. Add enough warm water for easy spreading consistency. Spread on two 18x26" pans.
<div> <div>Serving Size : . 1 piece - 2-1/4 x 2-1/2"</div> <div> <div>Nutrients Per Serving:</div> <div> <div>Calories</div> <div>Fat</div> <div>Sodium</div> </div> <div> <div>32</div> <div>.44 g</div> <div>4 mg</div> </div> </div> </div>						

CHOCOLATE PUDDING CAKE (Developed by The Wheat Foods Council)

DESSERT - C-11

Ingredients	100 Servings		Directions
	Weight	Measure	
All-purpose flour	1 lb 8 oz	1 qt 2 cups	<ol style="list-style-type: none"> 1. Mix dry ingredients thoroughly. 2. Combine milk and oil with dry ingredients. Divide between four, 12x20x2" ungreased pans (2 lb 11 oz each pan) Spread batter evenly. 3. Mix brown sugar and cocoa powder thoroughly. Divide between the four pans (1 lb each, 2-3/4 cu.) and sprinkle evenly over batter. 4. Pour 5-1/4 cups water over cocoa/brown sugar mix in each pan. 5. Bake at (350°F conventional; 300°F convection) 45 minutes. 6. 25 servings per pan. May serve warm or allow to chill and set overnight in refrigerator.
Whole wheat flour	1 lb 8 oz	1 qt 2 cups	
Baking powder	4 oz	1/2 cup	
Salt	1/2 oz	1 Tbsp	
Granulated sugar	3 lb 8 oz	2 qt	
Cocoa powder	4.5 oz	1-1/2 cup	
Low-fat milk, 2%	3 lb	1 qt 1 pt	
Vegetable oil	10.5 oz	1-1/2 cups	
Brown sugar	3 lb 8 oz	8 cups	
Cocoa powder	9 oz	3 cups	
Boiling water	10 lb 8 oz	5 qt 1 cup	
Serving Size : 1/2 bread alternate per serving.			Nutrients Per Serving:
			Calories 226 Fat 4.49 g Sodium 176 mg

CHOCOLATE FUDGIE FIG COOKIES (Developed from Manteca Unified School District, Manteca, California)

DESSERT - C-12

Ingredients	98 Cookies		Directions
	Weight	Measure	
Butter Brown Sugar Sugar, granulated Vanilla Eggs Flour Baking Soda Salt Cocoa Fig nuggets Chocolate Bits		2 cups 2 cups 3 cup 1 1/2 Tbsp 5 1 1/2 qt 1 Tbsp 1 Tbsp 1 1/4 cups 1 1/4 cups 1 cup	1. Cream together butter and sugars. 2. Add vanilla and eggs. 3. Sift together flour, soda, salt and cocoa. Add to creamed mixture. Mix until well blended. 4. Fold in fig nuggets and chocolate chips. 5. Drop cookie dough onto greased baking sheets with a #40 scoop. Bake until just set, about 8-10 minutes. (Be careful not to over-bake; cookies should still be soft.) Cool on wire racks.
<div> Serving Size : . 1 cookie contributes 1/2 bread/grain serving Nutrients Per Serving: <div> Calories 122 Fat 4.87 g Sodium 153 mg </div> </div>			

MLP - CHOCOLATE CHIP COOKIES

DESSERT - C-13

Ingredients	50 Servings		1,260 Cookies		Directions
	Weight	Measure	Weight	Measure	
Vegetable Shortening Butter or Margarine Brown Sugar Sugar, white granulated Eggs, frozen Vanilla Flour, enriched all-purpose Salt Baking Soda Chocolate Bits			7 pounds 7 pounds 11 pounds + 4 ounces 8 pounds 4-1/4 lb 26 pounds 4 ounces 8 ounces 8 pounds	3/4 cup	1. Cream shortening, margarine or butter, brown sugar and white sugar until fluffy. 2. Add eggs and vanilla and mix well. 3. Add dry ingredients and mix well. 4. Stir in chocolate bits. 5. Dish with #40 scoop onto parchment lined 18x26x1" pans. 6. Bake: Convection oven - 350°F for 8-10 minutes. Conventional oven - 350°F for 12 minutes.
<div> Serving Size : 1 cookie contributes 1/2 bread/grain serving. Nutrients Per Serving: <div> Calories 117 Fat 5.65 g Sodium 111 mg </div> </div>					

MLP - CINNAMON CRISPIES COOKIE

DESSERT - C-14

Ingredients	225 Servings		Directions
	Weight	Measure	
Molasses, light Vanilla Water Flour, enriched all-purpose Baking Soda Baking Powder Salt Cinnamon, ground Sugar, granulated Dry Eggs Vegetable Shortening Instant Rolled Oats	9 ounces 3 pounds 4 pounds + 8 ounces 6 ounces 2 pounds + 4 ounces 2 pounds + 4 ounces	3 Tbsp 2 cups 1 Tbsp 3 Tbsp + 1 tsp 3 Tbsp + 1 tsp 1/4 cup	In VCM 1. Place liquids, then flour, baking soda, baking powder, salt, cinnamon, sugar and dry eggs in bowl. Top with shortening, close and mix with blender, 2 minutes. 2. Open and scrape down, close, mix 2 more minutes. 3. Open and add rolled oats, close and jog machine 4 minutes. In Mixer 1. Cream shortening and sugar. 2. Add liquids and blend. 3. Mix in dry ingredients until thoroughly combined. 4. Portion with level #40 scoop in rows of 6 down, 5 across on an 18x26x1" parchment-lined pan. 5. Bake: Convection oven - 325°F for 10-12 minutes. Conventional oven - 350°F for 10-12 minutes.
Serving Size : 1 each contributes 1/2 bread/grain serving. Nutrients Per Serving:			Calories 123 Fat 5.14 g Sodium 148 mg

SC - GOOD FOR YOU COOKIES

DESSERT - C-15

Ingredients	140 Servings		For _____ Servings	Directions
	Weight	Measure		
Butter Honey Brown Sugar Peanut Butter Dry Eggs Water Flour, enriched all-purpose Non-Fat Dry Milk Rolled Oats Cinnamon Salt Baking Soda Chopped Nuts Raisins, ground		2-1/2 cups 2-1/2 cups 2-1/2 cups 2-1/2 cups 3/4 cups 3/4 cup 1 quart + 2-1/4 c. 2-1/2 cups 2-1/2 cups 2-1/2 tsp 2-1/2 tsp 2-1/2 tsp 2-1/2 cups 2-1/2 cups		1. Cream butter, honey, sugar, peanut butter, eggs and water for 2 minutes. 2. Add flour, milk, rolled oats, cinnamon, salt and soda. Mix one minute. 3. Fold in raisins and chopped nuts. 4. Scoop onto cookie sheets using size 40 scoop. 5. Bake: Convection oven - 350°F for 12-15 minutes.
<div> Serving Size : 1 cookie contributes 3/4 bread/grain serving. Nutrients Per Serving: <div> Calories 141 Fat 7.34 g Sodium 138 mg </div> </div>				

MLP - HARVEST CAKE

DESSERT - C-16

Ingredients	50 Servings		640 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Eggs, large or frozen whole Sugar, granulated Soybean Oil Flour, enriched all-purpose Baking Soda Salt Cinnamon Sweet Potatoes, canned, mashed, in syrup			5 pounds + 6 ounces 10 pounds + 10 ounces 8 pounds + 5 ounces 6 pounds + 2 ounces	1/2 cup 1/4 cup 1/2 cup 1 #10 can + 5 cups		1. Mix all ingredients together. 2. Portion into 8 greased 18x26x2" pans. 3. Bake until browned: Conventional Oven - 350°F for 35 - 45 minutes. Convection oven - 300°F for 25 - 35 minutes. Cake is done when a toothpick inserted in center comes out clean.
<div> <div> Serving Size :. 1 piece - 2-1/4x 2-1/2" contributes 1/4 bread/grain serving </div> <div> Nutrients Per Serving: <div> Calories 109 Fat 6.32 g Sodium 100 mg </div> </div> </div>						

MLP - OATMEAL RAISIN COOKIE

DESSERT - C-17

Ingredients	50 Servings		800 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Dry Eggs Water Sugar, white granulated Brown Sugar Butter or Margarine Vegetable Shortening Flour, enriched all-purpose Baking Soda Baking Powder Salt Vanilla Skim Milk Oatmeal, dry Raisins			12 pounds 12 pounds 4-1/2 pounds 4-1/2 pounds 16-1/2 pounds 7-3/4 pounds 9-1/2 pounds	2 quarts 2 quarts 1/2 cup 1/2 cup 1/2 cup 1/2 cup 3 cups		1. Mix water and eggs to reconstitute. 2. Add sugars, margarine or butter and shortening and cream well. 3. Add flour, soda, baking powder, salt, vanilla and mix well. 4. Add remaining ingredients and mix well. 5. Portion with #40 scoop on an 18x26x1" parchment lined pan. 6. Bake: Convection oven - 325°F for 10 minutes. Conventional oven - 350°F for 12-15 minutes.
Serving Size : 1 cookie contributes 3/4 bread/grain serving.		Nutrients Per Serving:		Calories Fat Sodium	167 5.37 g 156 mg	

REDUCED-FAT OATMEAL RAISIN COOKIE (from Ca Prune Board Bloomington ISD recipe)

DESSERT - C-18

Ingredients	660 Servings		Directions
	Weight	Measure	
Sugar	4 lb 6 oz		<ol style="list-style-type: none"> 1. Cream sugars, shortening, butter and dried plum puree together until the mixture is smooth and light. 2. Add the eggs, water and vanilla. 3. Sift together dry ingredients. Stir into mix. Stir in raisins. 4. Use #40 scoop. Deposit batter onto greased or lined baking sheets. Bake cookies at 350°F for 10-12 minutes.
Brown sugar	5 lb 15 oz		
Shortening	3 lb		
Butter	1 lb		
Dried plum puree	2 lb		
Eggs		5 cups	
Water		5 cups	
Vanilla		2/3 cup	
Flour	9.5 lb		
Oatmeal	6.25 lb		
Baking soda		6 Tbsp + 2 tsp	
Salt		3 Tbsp + 1 tsp	
Cinnamon		3 Tbsp + 1 tsp	
Cloves		2.5 tsp	
Nutmeg (optional)		5 tsp	
Raisins	6 lb 2 oz		
Serving Size: 1 cookie contributes 1/2 grain/bread serving			Nutrients Per Serving:
			Calories 103 Fat 3.08 g Sodium 72 mg

OATMEAL COOKIES (Developed by Texas Education Agency)

DESSERT - C-19

Ingredients	118 Servings		236 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose	1 lb 6 oz	1 qt 1-1/2 cups	2 lb 12 oz	2 qt 3 cups	<ol style="list-style-type: none"> 1. Sift together: all-purpose flour, cinnamon, and salt. Add oats and whole wheat flour. Stir well. 2. In a separate bowl combine brown sugar, oil, applesauce, and vanilla. Stir until smooth. Add wet ingredients to dry ingredients. Mix approximately 3 minutes. 3. Add raisins. 4. Add baking soda to buttermilk. Pour mixture into batter. Mix at low speed. 5. Use #24 dipper to dip cookies onto baking sheets that have been greased or covered with pan liners. 6. Bake at 325°F in a convection oven for 20 minutes.
Cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 Tbsp		2 Tbsp	
Rolled Oats	2 lb 2 oz	2 qt 2-1/2 cups	4 lb 4 oz	5 qt 1 cup	
Flour, whole wheat	13 oz	3-1/4 cups	1 lb 10 oz	1 qt 2-1/2 cups	
Brown sugar	2 lb 3 oz	1 qt 2-1/2 cups	4 lb 6 oz	3 qt 1 cup	
Oil	5 oz	5/8 cup	10 oz	1-1/4 cups	
Applesauce	2 lb 10 oz	5-1/4 cups	5 lb 4 oz	2 qt 2-1/2 cups	
Vanilla extract	3 oz	3/8 cup	6 oz	3/4 cup	
Raisins	1 lb 10 oz	1 qt 1 cup	3 lb 4 oz	2 qt 2 cups	
Buttermilk	13 oz	1-5/8 cups	1 lb 10 oz	3-1/4 cups	
Baking Soda		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Serving Size : 1 each contributes 3/4 serving bread/grain serving		Nutrients Per Serving:		Calories 144 Fat 1.82 g Sodium 79 mg	

SC - RAISIN OATMEAL COOKIES

DESSERT - C-20

Ingredients	50 Servings		240 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Raisins Shortening Brown Sugar Eggs Milk, skim Oatmeal, dried Flour, enriched all-purpose Soda Salt Cinnamon			2-1/2 pounds 5 pounds + 5 ounces 3 pounds + 4 ounces 4 pounds + 10 ounces	12 cups 21 large 3 cups 1/4 cup 2 Tbsp 1/4 cup		<ol style="list-style-type: none"> 1. Cream together shortening, sugar and eggs for 1 minute. 2. Add milk slowly. 3. Add oatmeal, flour, soda, salt and cinnamon. 4. Add raisins. 5. Scoop onto cookie sheet using size 40 scoop. 6. Bake: Convection oven - 325 °F-350°F for 10 to 15 minutes.
Serving Size :. 1 cookie contributes 3/4 bread/grain serving.			Nutrients Per Serving:		Calories 167 Fat 5.72 g Sodium 133 mg	

MLP - RICE KRISPIES BARS

DESSERT - C-21

Ingredients	50 Servings		128 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Butter or Margarine			1 pound			1. Melt butter or margarine.
Marshmallows			5 pounds			2. Add marshmallows. Stir until melted over low to medium heat.
Rice Krispies Cereal			3 lb 3 oz			3. Stir in Rice Krispies.
Mini Chocolate Chips (optional)			1 pound			4. Press into two 18x26x2" pans that are lightly greased or use non-stick spray.
						5. If desired, sprinkle chocolate chips on top and pat or roll into mixture.
						6. Cut when cool.
Serving Size: 1 piece-2-1/4 x 3-1/4" contributes 1/4 bread/grain alternate.		Nutrients Per Serving:		Calories	126	
				Fat	2.93 g	
				Sodium	174 mg	

SC - STRAWBERRY SHORT CAKE

DESSERT - C-22

Ingredients	50 Servings		800 Servings		Directions
	Weight	Measure	Weight	Measure	
CAKE Flour, enriched all purpose Sugar, white granulated Milk, non-fat dry Baking Powder Salt Butter Shortening Dry Eggs Vanilla, Liquid imitation' Water STRAWBERRY TOPPING Strawberries, frozen, sweetened Sugar, white granulated Instant Cornstarch Water			11-1/4 pounds 11-3/4 pounds 1-1/8 pounds 2-5/8 pounds 2-5/8 pounds 120 pounds 1-1/2 pounds 1-3/4 pounds	1-1/2 cups 1/4 cup 4-1/2 cups 1/2 cup 1-1/2 gallons 1 quart	CAKE 1. Cream sugar, butter and shortening in VCM. 2. Add water and vanilla and mix again. 3. Add dry ingredients, mix well. 4. Divide in ten 18x26x2" greased pans. 5. Bake: Convection oven - 325°F for about 20 minutes. Cake is done when toothpick inserted in middle comes out clean. STRAWBERRY TOPPING 1. Mix water, instant cornstarch and sugar. 2. Add to heated strawberries and cool. 3. Serve over cake piece using a #30 scoop.
<div> Serving Size : 1 piece 2-1/2 x 2-1/4" Each serving contributes 1/4 cup fruit 1/4 bread/grain serving. </div> <div> Nutrients Per Serving: </div> <div> Calories 139 Fat 3.05 g Sodium 100 mg </div>					

MLP - TRAIL MIX

DESSERT - C-23

Ingredients	50 Servings		100 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Peanuts Raisins Sunflower Seeds Chocolate Chips Cheerios Cereal Mini-Marshmallows			1 pound + 11 ounces 5-1/3 ounces	1/2 gallon 2-2/3 cups 2-2/3 cups 1 gallon + 1 quart + 1 cup		1. Combine all ingredients, except mini-marshmallows until well mixed. 2. Before serving, add mini-marshmallows. 3. Portion into 2-ounce soufflé cups
Serving Size : 1/4 cup.						
Nutrients Per Serving:				Calories Fat Sodium	152 7.29 g 66 mg	

BAGEL PIZZA (Developed by the Massachusetts Dept. of Education/John Stalker Institute)

MAIN DISH - D-1

Ingredients	50 Servings		Directions
	Weight	Measure	
Bagel, Plain/each Cheese, Mozzarella, shredded, part skim Tomato paste, canned Onions, Dehydrated, flaked Sugar Garlic Powder Basil, ground Oregano, Dried, ground Water	6-1/4 lb 1 3/4 lb	50 each 2/3 cup 1/2 cup 1/4 cup 3 Tbsp 2 Tbsp 1-3/4 qt	1. Combine tomato paste, spices, and water. Simmer for 15 minutes. 2. Split bagels in half; lay on sheet pans in single layer. 3. Top each bagel with 1-1/2 Tbsp sauce and 1 oz cheese. 4. Bake until bagel is lightly browned and cheese is melted. Bake for approx. 8-10 minutes at 400 degrees.
<div> <div> Serving Size: 2 bagel halves each contributes 2 oz Meat/meat alternate, 2 Bread/grain alternate. </div> <div> Nutrients Per Serving: </div> <div> Calories 327 Fat 10.12 g Sodium 579 mg </div> </div>			

BEAN AND CHEESE BURRITO (Developed by Texas Education Agency)

MAIN DISH - D-2

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3/4 cup		1/2 cups	<ol style="list-style-type: none"> 1. Heat oil on high in a large pan; sauté onions and garlic until they turn a golden color (about 5-7 minutes). 2. Add tomatoes and spices. Heat through. 3. Stir in drained beans. Cook about 10 minutes, stirring often. Remove mixture from heat and mash. Keep warm. 4. Place 2 slices of low fat cheese on each tortilla to cover as much tortilla as possible. 5. Spoon 1/2 cup of bean mixture onto each tortilla. 6. Roll both ends inward and turn over so that the seam of the tortilla is on the under side of the burrito. 7. Heat for a few minutes in the steamer or in a covered pan in the oven.
Onion, peeled and minced		2 cups		1 qt	
Garlic, peeled and minced		1/3 cup		2/3 cup	
Tomatoes, fresh, chopped		3 cups		1-1/2 qt	
Chili powder		1 Tbsp 2-1/4 tsp		3 Tbsp 1-1/2 tsp	
Cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1/2 tsp		1 tsp	
Cayenne pepper		1/4 tsp		1/2 tsp	
Pinto beans		13.5 lb or 2 #10 cans		27 lb or 5 #10 cans	
American cheese, low fat		100 slices, 1/2 oz		200 slices, 1/2 oz	
Whole wheat flour tortilla		50 tortillas		100 tortillas	
Serving Size : 1 each contributes 2 oz meat/meat alternate and 1 bread/grain serving		Nutrients Per Serving:		Calories 283 Fat 8.88 g Sodium 957 mg	

MLP - BEEF AND BROWN RICE CASSEROLE

MAIN DISH - D-3

Ingredients	50 Servings		Directions
	Weight	Measure	
Rice, brown, long, raw Beef ground, 85/15 raw to cook and drain Butter, w/salt Celery, fresh, raw Onions, fresh Campbell's tomato soup Water Base, beef, dry/No MSG added Black Pepper	2 lb 8-1/2 lb 2 lb 8 oz 204 oz	 1/2 cup 4-51 oz cans 4 cups 1/4 cup 2 Tsp	1. Cook rice and set aside. 2. Brown and drain ground beef. 3. In a steam kettle sauté celery and onions in butter. Add soup and mix. 4. Slowly add water, then the base and pepper. 5. Add rice and meat and mix together. 6. Put hot dish into steam table pan. Bake at 350°F for 30 to 40 minutes, until the sides start to bubble.
<div> Serving Size : Each 6 oz serving contributes 2 Oz meat/meat alternate and 1` bread/grain serving </div> <div> Nutrients Per Serving: </div> <div> Calories 270 Fat 10.61 g Sodium 407 mg </div>			

CHEESE ZOMBIE (West Valley School District from Yakima, Washington)

MAIN DISH - D-4

Ingredients	Servings			Directions
	48	120	240	
	2 PAN	5 PAN	10 PAN	
Basic Zombie Dough(Use USDA Recipe B-19)	10 lb	25 lb	50 lb	1. Prepare basic zombie dough B-19 (whitebread). Weigh tops and bottom in 2-1/2# pieces. 2. Place 1 bottom on 1 greased sheet pan stretching dough lengthwise. Place top on a greased sheet pan; 6 per pan. Place in proofer to rest 10 min. 3. Spread bottoms by finger pressing to evenly cover pan. Cover evenly with cheese (3#/sheet pan) roll tops with roller and place on top of cheese. Press edges together. Return to proofer let rise till double in size. Bake, turning during baking to allow even browning. Brush with butter. Cut with bread knife. 4. Cut each pan 6 x 4.
Reduced Fat Cheddar Cheese, Shredded	6 lb	15 lb	30 lb	
Butter, melted	1/4 lb	1/2 lb	1 lb	
Serving Size: Each serving provides: 2 oz meat/meat alternate, 3.33 serving bread/grain			Nutrients Per Serving:	Calories 424 Fat 15.95 g Sodium 819 mg

CHICKEN STIR FRY (Developed by the Massachusetts Dept. of Education/John Stalker Institute)

MAIN DISH - D-5

Ingredients	50 Servings		Directions
	Weight	Measure	
Soy Sauce		2-1/2 cup	<ol style="list-style-type: none"> 1. Remove skin and bone from chicken. Slice into 1 oz pieces set aside. 2. In small bowl, combine soy sauce, cornstarch, ginger, garlic powder, and cayenne pepper. Set aside. 3. Stir fry mushrooms and onions in 2 Tbsp oil until tender. Add broccoli, carrots and waterchestnuts. Stir fry until crisp tender. Add bouillon if needed to prevent sticking to pan. 4. Stir fry chicken (in separate pan) in rest of oil, until cooked through. 5. Combine chicken and vegetable mixture with prepared sauce. Toss well to combine and heat through, simmering for 5 minutes to combine flavors. 6. To serve, each person should receive 2.5 oz chicken and 5.5 oz vegetable mixture.
Cornstarch		7-3/4 oz	
Ginger, ground		1 Tbsp	
Garlic Powder		2 Tbsp	
Red Pepper or Cayenne		1/2 tsp	
Broccoli, Frozen, chopped, not thawed	4-1/2 lb		
Carrots, sliced, raw	5-1/4 lb		
Onions, raw, sliced, medium/each	15 oz		
Chicken Bouillon	2-1/2 oz		
Vegetable oil, sunflower, hydrogenated		2/3 cup	
Waterchestnuts, chinese, sliced, raw	4 lb		
Chicken, raw, cut up, frozen	12 lb		
Serving Size: 1 cup contributes 2 oz Meat/meat alternate, 1/2 cup vegetable.			Nutrients Per Serving: Calories 167 Fat 6.13 g Sodium 890 mg

HERBED-BAKED CHICKEN (Developed by Alabama Department of Education)

MAIN DISH - D-6

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Chicken Breast, skinned Lemon Juice Paprika Black Pepper Chopped Chives, dried Crushed Tarragon Chopped Parsley Margarine		25 1-1/2 cups 4-1/2 tsp 1 tsp 1/4 cup 4-1/2 tsp 1 cup, 2 Tbsp 3/4 cups		100 1 qt 1 pt 1/4 cup, 2 Tbsp 1 Tbsp 1 tsp 1 cup 1/4 cup 2 Tbsp 1 qt 1/2 cup 1 pt 1 cup	1. Place chicken breasts in large container. 2. Pour lemon juice over. Let stand 5 to 10 minutes. 3. Place pan liner on sheet pan and arrange chicken on pan. 4. Sprinkle chicken with paprika and pepper. 5. Combine remaining herbs with margarine and top each piece of chicken with mixture. Cover pan tightly with foil or lid. 6. Bake at 375°F for 30 minutes in convection oven. 7. Do not overcook.
Serving Size : One 3.9 oz. uncooked portion provides 2.4 oz. cooked meat/meat alternate.		Nutrients Per Serving:		Calories 197 Fat 8.6 g Sodium 132 mg	YEILD: 25 SERVINGS, (1) 12x20x2-1/2 steam table pan 100 SERVINGS (4) 12x20x2-1/2 steam table pans

* Commodity food item

NOTE: Garnish with endive or parsley sprigs.

MLP - OVEN BAKED CHICKEN

MAIN DISH - D-7

Ingredients	50 Servings		100 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Chicken Flour, enriched all-purpose Cornmeal Onion, dried Thyme Garlic Powder Black Pepper			53 pounds	2 quarts 1 quart 1/2 cup 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp		1. Wash chicken in cold water. Drain well, Mix flour, cornmeal and seasonings together. 2. Dredge chicken in flour mixture. Put on 18x26x2" pans. 3. Bake at 350°F - 375°F.
<div> <div> Serving Size : Each serving contributes 2 oz. meat/meat alternate toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: Calories Fat Sodium </div> <div> 371 19.97 g 108 mg </div> </div>						

MLP - CHILI CON CARNE WITH BEANS

MAIN DISH - D-8

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20 raw Onions, dehydrated flakes Garlic Powder Black Pepper Chili Powder Paprika Onion Powder Cumin Water Tomato Sauce, canned Tomato Paste, canned Kidney Beans, all types, canned drained Salt, table Reduced fat cheddar cheese			11 lb + 2 oz. raw 3 qt 1-#10 Cans 1-#10 Can 2 #10 cans 3 Lb + 2 oz	3/4 cup + 2 Tbsp 1/2 cup + 3 tsp 2 Tbsp + 2 1/2 Tbsp 1/2 cup + 1 Tbsp 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 1/4 cup + 1 Tbsp 1/4 cup	1. Brown ground beef. Drain. 2. Add onions, garlic powder, chopped green pepper, pepper and seasonings. Cook for 5 minutes. 3. Stir in tomatoes, water and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. 4. Stir in beans. Cover and simmer about 10 minutes or until hot. 6. Portion with #6 scoop, 18 per pan. Garnish with 1/2 oz shredded cheese per serving.
Serving Size : 1 serving contributes 2 oz Meat/meat alternate, 1/2 cup vegetable.		Nutrients Per Serving:		Calories Fat Sodium	191 8.3 g 855 mg

NOTE: Green pepper is optional. To make full pans us 16.5 lb of chili per pan and label to yield 45 servings.

MLP - CHILIBURGER I

MAIN DISH - D-9

Ingredients	50 Servings		750 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Ground Beef Ground Pork Dehydrated Onions Diced Celery Celery Seed Brown Sugar Mustard Salt Garlic Powder Pepper Paprika Chili Powder Vinegar Catsup Tomato Paste			90 pounds 36 pounds 10 pounds	 1 quart 1/4 cup 3 cups 3 cups 1 cup 1/3 cup 1/3 cup 1/3 cup 2-3/4 cups 3 cups 6 quarts 6 #10 cans		1. Brown beef and pork. 2. Drain well. 3. Add rest of ingredients and heat thoroughly. 4. Serve on a bun using a #12 scoop.

Serving Size :. 1/3 cup
Each serving contributes 2 oz. meat/meat alternate and 3/8 cup vegetable.

Nutrients Per Serving:

Calories 170
Fat 9.09 g
Sodium 317 mg

MLP - CHILIBURGERS

MAIN DISH - D-10

Ingredients	50 Servings		100 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Ground Beef Onions, dehydrated Garlic Powder Tomato Paste Catsup Water Vinegar Dry Mustard Black Pepper Brown Sugar, packed			17-1/4 pounds	2/3 cup 2 Tbsp 1/2 #10 can 1/2 #10 can 2 quarts + 3-1/2 cups 2-1/4 cups 1/4 cup 2 tsp 3/4 cup		1. Brown ground beef and drain well. 2. Add remaining ingredients and mix well. Simmer for 25-30 minutes. 3. Serve on a bun using a #12 scoop.

Serving Size :. 1/3 cup.
 Each serving contributes 2 oz. meat/meat alternate and 1/4 cup vegetable toward meeting meal pattern requirements.

Nutrients Per Serving:

Calories	167
Fat	8.2 g
Sodium	245 mg

MLP - CHILI

MAIN DISH- D-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef Onions, Dehydrated Garlic Powder Green Pepper, chopped Black Pepper Chili Powder Paprika Onion Powder Cumin, ground Tomatoes, whole Water Tomato Paste Kidney or Pinto Beans			28 pounds 1/2 pound 2 pounds	 1/4 cup + 2 Tbsp 2 Tbsp + 2 tsp 3/4 cup 1/4 cup 1/4 cup 1/2 cup 2 #10 cans 9 quarts 1 #10 can 2 #10 cans	1. Brown ground beef and drain well. 2. Add onions, garlic powder, green pepper, pepper and seasonings. Cook for 5 minutes. 3. Stir in tomatoes, water and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. 4. Stir in beans. Cover and simmer about 10 minutes or until hot. 5. Portion with 8 oz ladle (1 cup).
<div> <div> Serving Size :. 1 cup. Each serving contributes 3-1/8 oz. meat/meat alternate and 5/8 cup vegetable toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: </div> <div> Calories 291 Fat 13.71 g Sodium 299 mg </div> </div>					

MLP - CHILI CHEESE FRITOS

MAIN DISH- D-12

Ingredients	50 Servings		96 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Ground Beef Kidney Beans Tomatoes, whole Tomato Paste Onions, dehydrated Chili Powder Cumin Garlic Powder Beef Base, low-sodium Sugar, white granulated Bulgur Mozzarella Cheese, grated, part-skim Corn Chips			11 pounds 3-1/4 ounces 6-1/2 ounces 3 pounds 1-1/2 pounds	2 #10 cans 3 #10 cans 5 cups 1/2 cup + 1-1/2 Tbsp 1/4 cup 1/4 cup 1/4 cup 5 Tbsp		1. Brown ground beef and drain well. 2. Grind tomatoes in VCM or mixer and add to drained beef in steam kettle. 3. Add all other ingredients except grated cheese and corn chips. 4. Serve in bowl (1 cup serving) topped with 1/2 ounce grated cheese and 1/4 ounce corn chips.
Serving Size :. 1 cup Each serving contributes 2-3/4 oz. meat/meat alternate and 1/2 cup vegetable, 1/4 bread/grain serving.						
Nutrients Per Serving:			Calories	227		
			Fat	10.5 g		
			Sodium	323 mg		

MLP - ITALIAN DUNKERS II

MAIN DISH- D-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions					
	Weight	Measure	Weight	Measure							
Ground Beef Onion, chopped Garlic Powder Tomato Paste Tomatoes, crushed Water Beef Base, low sodium Brown Sugar Chili Powder Ground Oregano Parsley Flakes Ground Basil Salt White Pepper Ground Fennel* (optional)			9 pounds 2 ounces	1/4 cup 1/4 cup + 2 Tbsp 3/4 #10 can 1-1/2 #10 cans 1 quart 1/3 cup 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 2 Tbsp + 2 tsp 2 Tbsp 1 Tbsp 2 tsp		1. Brown ground beef and drain well. 2. Add onions and garlic powder. Cook until onions become opaque. 3. Add remaining ingredients. Mix well. Simmer for 1 hour. 4. Portion sauce into 4 ounce soufflé cups. Serve with Cheesy Bread (two 1-ounce slices French bread with 1/2 ounce part-skim mozzarella cheese melted on top of each).					
<table><tr><td>Serving Size : 1/2 cup Each serving contributes 2 oz. meat alternate, 2 servings bread/bread alternate and 1/4 cup vegetable toward meeting meal pattern requirements.</td><td>Nutrients Per Serving: Calories Fat Sodium</td><td>Sauce 104 4.53 g 461 mg</td><td>Cheesy Bread 227 6.21 g 477 mg</td><td>Total 333.29 9.89 785.98</td></tr></table>							Serving Size : 1/2 cup Each serving contributes 2 oz. meat alternate, 2 servings bread/bread alternate and 1/4 cup vegetable toward meeting meal pattern requirements.	Nutrients Per Serving: Calories Fat Sodium	Sauce 104 4.53 g 461 mg	Cheesy Bread 227 6.21 g 477 mg	Total 333.29 9.89 785.98
Serving Size : 1/2 cup Each serving contributes 2 oz. meat alternate, 2 servings bread/bread alternate and 1/4 cup vegetable toward meeting meal pattern requirements.	Nutrients Per Serving: Calories Fat Sodium	Sauce 104 4.53 g 461 mg	Cheesy Bread 227 6.21 g 477 mg	Total 333.29 9.89 785.98							

SC - LOW FAT LASAGNA WITH GROUND BEEF

MAIN DISH - D-14

[illegible]

MLP - LASAGNA WITH GROUND PORK

MAIN DISH - D-15

Ingredients	100 Servings		Directions
	Weight	Measure	
Pork Ground, cooked Onions, dehydrated flakes Garlic Powder Black Pepper Parsley Dried Tomatoes, crushed, canned, heated Water Lasagna, Dry, Enriched Cheese, Mozzarella, Part Skim Cheese, Cheddar, American Ground Basil Ground Oregano Chile Powder Parmesan Cheese, grated Brown Sugar Table Salt Tomato Paste, canned	8 lb + 11 oz raw 2 #10 cans 6 lb + 7 oz 3 lb + 14 oz 6 lb + 2 oz	 1/4 cup + 1 1/2 Tbsp 1/2 cup + 3 Tbsp 1 Tbsp + 1 tsp 1/2 cup + 2 Tbsp 3 qt + 3 1/3 cup 1/4 cup + 1 Tbsp 2 Tbsp 1/4 cup + 1 Tbsp 1/2 cup 1 cup unpacked 1/4 cup 2 qt + 1 cup	1. Brown ground meat, drain fat, rinse and drain again, add onions and garlic and cook for 5 minutes. 2. Add pepper, parsley flakes, tomatoes, tomato paste, water and seasonings. Heat to boiling, uncovered. Remove from heat. 3. Assemble ingredients in steam table pans as follows: 1st layer - 1 qt 1/2 cup sauce 2nd layer - Frozen noodles 3rd layer - 1 qt 1/2 cu sauce 4th layer - 1 lb grated cheese. (may use mixture of grated parmesan, mozz, and real cheddar.) 5th layer - Frozen noodles 6th layer - 1 qt 3/4 cup sauce 7th layer - 1 lb grated cheese (mix of Amer. & Mozz.) Tightly cover pans Bake - Conventional Oven - 350°F for 1 1/4 - 1 1/2 hours. Remove from oven and let stand 15 minutes before serving cut each pan 5x5 (25 pieces per pan) Yield: 100 servings: 4 steam table pans
Serving Size : Per 1 piece contributes 3/4 bread/grain serving, 2 oz Meat/meat alternate, 3/8 cup vegetable.			Nutrients Per Serving: Calories 391 Fat 18.58 g Sodium 774 mg

MLP - LASAGNA

MAIN DISH - D-16

Ingredients	50 Servings		100 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Ground Beef Onion, dehydrated Brown Sugar Tomatoes, with liquid, chopped Tomato Paste Worcestershire Sauce Oregano Marjoram Thyme Parsley Flakes Garlic Powder Ground Basil Pepper Noodles Water Cheese, American Cheese, Mozzarella			10 pounds	2 cups 1 Tbsp 2 #10 cans 1/2 #10 can 1 Tbsp 3/8 cup 1/8 cup 1-1/2 tsp 2/3 cup 3/8 cup 3/8 cup 1 Tbsp		1. Brown ground beef and drain well. 2. Add onions, brown sugar, tomatoes, tomato paste, Worcestershire sauce, herbs, noodles and water, Cook for 15 minutes. 3. Layer sauce and cheeses in six 12x20x2 - 1/2" steam table pans. Bake 1 hour. Cut 4/5.
Serving Size : 3x4" Each serving contributes 2 oz. meat/meat alternate, 3/4 servings bread/grain and 3/8 cup vegetable toward meeting meal pattern requirements.		Nutrients Per Serving:		Calories Fat Sodium	300 12.99 g 396 mg	

MARINATED MEDITERRANEAN TURKEY/CHICKEN IN A PITA POCKET

(From 1995-96 Minnesota Chef Child Promotion-St. Paul)

MAIN DISH - D-17

Ingredients	50 Servings		Directions
	Weight	Measure	
Turkey or chicken Julienne red onion (1/4" strips) Julienne red and green pepper (1/4" strips) Black olives, sliced Chopped fresh oregano Chopped Tarragon MARINADE: Lite Italian dressing Lowry Italian seasoning (sub as availability) Cayenne pepper Chopped garlic Water	10 lb 1-3/4 lb 1-3/4 lb	2 cups 1/8 cup 1/8 cup 1 gallon 9.2 oz 1/4 cup 1 cup 1 gallon	1. Slice raw turkey roast still partially frozen-1/4 to 3/8 in thickness. Cut into fajita strips - 2"x1" strips. Marinate over night. (sub cooked USDA chicken if available). 2. Sauté onions and peppers. Grill or bake raw marinated turkey or chicken. Combine poultry, onion, peppers, olives and chopped herbs. Fill pita ahead of time, or as children pass through the line.
<div> Serving Size: 1 each contributes 2 oz Meat/meat alternate, 1/4 cup vegetable, 1 Bread/grain alternate. </div> <div> Nutrients Per Serving: </div> <div> Calories 735 Fat 8.21 g Sodium 1720 mg </div>			

MLP - MEXICAN LAYERED HOT DISH

MAIN DISH - D-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef Ground, 80/20 Raw to cook and drain	4 1/2 lb raw weight				<ol style="list-style-type: none"> 1. Brown and drain the ground beef. 2. Bake tortillas in oven until crisp. 3. Combine beef, beans, onions, garlic, tomatoes, spices, and base. 4. In a steam table pan, layer the ingredients, First sauce mixture, then the tortillas, then the sauce mixture, then the cheese, continue until pan is full. Top layer should be cheese. 5. Cover pan with plastic wrap and cover plastic wrap with foil. 6. Bake at 350°F about 40 minutes until the edges bubble and it begins to set up.
Red Kidney Beans, canned and drained	1 #10 can				
Onions, fresh, chopped		2 qt			
Garlic, fresh		2 Tbsp			
Whole Tomatoes, canned	2 #10 cans				
Red Cayenne Pepper		1 Tbsp			
Chile Powder		1 Cup			
Cumin		1/4 cup			
Beef base, no MSG added, Gold Label: Custom		1/3 cup			
Black Pepper		1 Tbsp			
Reduced Fat Cheddar Cheese	3 3/4 lb				
Tortillas, RTB/RTF, Flour	66 tortilla 7" diameter				
Serving Size : . 6 oz serving contributes 2 oz. meat/meat alternate, 1 grain/bread, 1/4 c. vegetable.					Nutrients Per Serving:
					Calories 376 Fat 13.79 g Sodium 772 mg

PORK STUFFED SPUDS (Developed by the National Pork Producers Councils)

MAIN DISH - D-19

Ingredients	50 Servings		100 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Ground Pork Onions, chopped Canned whole tomatoes Tomato paste Green peppers, chopped Chile powder Salt Ground cumin Garlic powder Paprika Pinto beans, cooked American cheese, shredded Potatoes, baked and split			10 lb 2 lb	1 qt 1 cup 1 #10 can 1/2 #10 can 3 Tbsp 1/2 cup 1/4 cup 1/4 cup 2 Tbsp 2 Tbsp 3 qt 100		1 Cook ground pork, green peppers and onions until pork is no longer pink; drain. 2. Chop whole tomatoes. Add tomatoes, paste, seasonings and beans to meat mixture. Simmer approximately 20 minutes. 3. Place #8 scoop of pork mixture over split potato. Top with 2 tablespoons of cheese.
Serving Size : One portion provides 2 oz. meat/meat alternate and 1 cup vegetable. Nutrients Per Serving: <div> Calories 421 Fat 11.8 g Sodium 294 mg </div>						
LUNCH SUGGESTIONS: Stuffed Spuds, Buttered Corn, Carrot & Celery Sticks, Chocolate Cake, Low Fat Milk Stuffed Spuds, Broccoli Spears, green Salad, Fruit Cup, Low Fat Milk						

PORK TETRAZZINI (Developed by the National Pork Producers Councils)

MAIN DISH - D-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Boil water and salt in a steam jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and rinse with cold water. Set aside. 2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside. 3. Melt the margarine or butter in a steam--jacketed kettle or stock pot. Add flour and cook for 3 minutes. 4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until mixture is thickened at 180°F. Add pork stock, pepper, onion powder, and garlic and simmer for 5 minutes. 5. In each 12x20x2-1/2" steam table pan, combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced pork, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. 6. Sprinkle 1/2 cup of parmesan cheese on top of each pan. 7 To bake: Conventional oven 350°F, 30 minutes, Convection Oven 350°F, 40 minutes. Bake until golden brown. 8. Cut each pan 5x5.
Salt		2 tsp		1 Tbsp 1 tsp	
Spaghetti, broken in thirds	3 lb 1 oz		6 lb 2 oz		
Vegetable oil		1/4 cup		1/2 cup	
Vegetable Mix:					
*Onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh carrots, dices	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt	
*Fresh green peppers, diced	4 oz	1 cup	8 oz	2 cups	
Or					
Frozen mixed vegetables	2 lb 8 oz		5 lb		
*Fresh mushrooms, sliced	1 lb 4 oz	1-3/4 cup	2 lb 8 oz	3-1/2 cups	
Or					
Canned sliced mushrooms, drained	10 oz	1-2/3 cups	1 lb 4 oz	3-1/3 cups	
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups	
Margarine or butter					
All-purpose flour	8 oz	1 cup	1 lb	2 cups	
Lowfat milk, hot	8 oz	1-1/2 cups	1 lb	3 cups	
Low-sodium pork stock		2 qt 2 cups		1 gal 1 qt	
White pepper		1 qt 2 cups		3 qt	
Onion powder		1 tsp		2 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Cooked pork, diced		2 tsp		1 Tbsp 1 tsp	
Parmesan cheese, shredded	6 lb 4 oz	1 gal 2 qt	12 lb 8 oz	3 gal	
	4 oz	1 cup	8 oz	2 cups	
Serving Size : 3/4 cup-provides 2 ounces of cooked pork, 1/8 cup of vegetable and 1 serving of grains/breads.		Nutrients Per Serving:		Calories 320 Fat 12.0 g Sodium 397 mg	

PORK STIR-FRY (Developed by the National Pork Producers Councils)

MAIN DISH - D-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add spices. 2. Heat pork stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat. Prepare no more than 50 portions per batch. 4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for one more minute. Add broccoli and cook for two more minutes. Remove to steam table pan. Keep warm. 5. Add cubed pork to vegetables in steam table pan. Add sauce and mix to coat pork and vegetables with sauce. Heat to serving temperature.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1-3/4 cup	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		6 Tbsp	
White pepper		2 tsp		1 Tbsp 1 tsp	
Low sodium pork stock, non-MSG		2 qt		1 gal	
Fresh mixed vegetables:					
Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt	
Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal	
OR					
*Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb		
Vegetable oil		1/2 cup		1 cup	
Cooked pork roast, cut in 1/2" cubes	6 lb 4 oz		12 lb 8 oz		
Serving Size : 1 cup (2 no. 8 scoops) provides 2 ounces of cooked pork and 5/8 cup of vegetable.		Nutrients Per Serving:		Calories	199
				Fat	8.0 g
				Sodium	250 mg

*If using Oriental vegetables, add frozen vegetables to cooked, cubed pork in Step 5.

SPECIAL TIPS:

1. For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to sauté vegetables, for each 50 servings.
2. Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

MLP - SPAGHETTI SAUCE

MAIN DISH - D-22

MAIN DISH 511

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef Onions, dehydrated Garlic Powder White Pepper Beef Base, low-sodium Brown Sugar Tomatoes, with liquid, chopped Tomato Paste Water Chili Powder Oregano Parsley Flakes Salt Ground Basil Cheese, American, shredded Cheese, Mozzarella, part- skim shredded			12 pounds 5-1/3 ounces 		

MLP - SUPER BEEF NACHOS

MAIN DISH - D-23

Ingredients	50 Servings		92 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef			12 pounds		1. Brown ground beef and drain well. 2. Add taco seasoning, tomato paste and water. 3. Cook until the mixture bubbles. Simmer uncovered 15 minutes. 4. Ladle 1/3 cup meat mixture over 1/2 ounce of chips. Sprinkle with 1/2 ounce of cheese.
Taco Seasoning			1 pound + 6 ounces		
Tomato Paste				3-1/3 cups	
Water				1 gallon	
Tostada Chips			2 pounds + 14 ounces		
Cheddar Cheese			2 pounds + 14 ounces		
Serving Size :. 1/3 cup Each serving contributes 2 ounces meat/meat alternate toward meeting meal pattern requirements. Tortilla chips (14 grams) = 1/2 bread/grain serving.					
Nutrients Per Serving:				Calories	240
				Fat	15.16 g
				Sodium	202 mg

SWEET AND SOUR PORK

(Developed by The Pennsylvania State University School of Hotel, Restaurant & Recreation Management for The Sugar Association, Inc.)

MAIN DISH - D-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Boneless, cubed pork stew meat, 1/2" diced	13 lb 15 oz		27 lb 14 oz		<ol style="list-style-type: none">1. Coat pork with flour2. In a pot, sauté pork in oil until no signs of pink remain. Drain fat and discard.3. Add enough water to cover meat, cover, and simmer for 3 minutes. Drain water.4. Add pineapple, pineapple juice, vinegar, brown sugar, ginger, and garlic to cooked pork. Simmer over low heat for 5 minutes. Set aside.5. Place 5 lb of frozen stir-fry vegetables in each steam table pan (12x20x2-1/2"). For 50 servings, use one pan. For 100 servings, use 2 pans.6. Steam: Steamer 5 minutes until tender.7. Add vegetables to pork mixture and stir to blend.8. Dissolve cornstarch in soy sauce and add to pork. Return sauce to a simmer and cook over low heat, stirring continuously, until thickened.9. Cook noodles in boiling water until al dente, about 6 minutes.10. Using a 6 oz ladle, serve pork mixture over 1 cup of cooked noodles.
All-purpose flour		3/4 cup		1-1/2 cups	
Vegetable oil		1 cup		2 cups	
Canned pineapple chunks, drained	3 lb 11 oz		7 lb 6 oz		
Juice of canned pineapple		2 qt		1 gal	
Vinegar		1 cup		2 cups	
Brown sugar		1-1/2 cups		3 cups	
Ground ginger		2 Tbsp		1/4 cup	
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp	
Frozen stir-fry vegetables	5 lb		10 lb		
Cornstarch	3 oz		6 oz		
Low sodium soy sauce		2 cups		1 quart	
Noodles	5 lb		10 lb		
Serving Size :. 3/4 cup of pork over 1 cup of noodles provides 2 oz of cooked lean pork, 1/2 cup of vegetable/fruit and 2 servings of grains/breads.					
Nutrients Per Serving:					
Calories 439					
Fat 13.3 g					
Sodium 463 g					

MLP - TACO MEAT, TURKEY

MAIN DISH - D-25

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey Ground, Raw to cook and Drain			15 lb + 11 oz		1. Brown the meat, drain fat, wash and drain

Garlic Powder Pepper, Black Tomato Paste, canned Water Chili Powder Cumin Paprika Onion powder Worcestershire Sauce Brown Sugar Onions, Dehydrated Flakes Salt, Table			1/3 #10 can	3 Tbsp 1 Tbsp 1 qt + 1/2 cup 1/4 cup + 3 tsp 3 Tbsp 1 Tbsp 1 Tbsp 2 Tbsp 1/2 cup packed 1/4 cup + 2 Tbsp 1 Tbsp	again. 2. Add onions, garlic powder, pepper, tomato paste, water and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25-30 minutes. 3. Portion into large steam table pans.
Serving Size : Per 1 each, #16 scoop provides 2 oz meat/meat alternate		Nutrients Per Serving:		Calories Fat Sodium	135 6.94 g 173 mg

TAMALE PIE (Developed by the National Pork Producers Councils)

MAIN DISH - D-26

Ingredients	100 Servings		Directions
	Weight	Measure	
Ground Pork	17 lb	2 qt. 3/4 cup	<ol style="list-style-type: none"> 1. In a steam jacketed kettle, cook pork, onion and green pepper until onion is translucent and pink color of pork disappears. Drain. Return meat to kettle. 2. Combine flour, salt, sugar, chili powder, pepper, and cumin. Mix well. 3. Stir flour mixture into meat. Mix well. 4. Cook 10 minutes, stirring occasionally. 5. Add tomatoes and chilies, bring mixture to a boil and simmer, stirring until thickened. Stir in corn. 6. Divide meat mixture in each of four 21x13x2-1/2" pans, approximately 1 gallon and 3 cups for each pan. 7. Top each of four pans with one-fourth of Corn Bread Topping. Bake at 400°F, for 35-40 minutes. Let stand 10 minutes before cutting each Tamale Pie into 24 servings.
Onion, chopped	3 lb 4 oz	1 qt	
Green pepper, chopped	1 lb 4 oz	6 cups	
White flour	1 lb 8 oz	1/3 cup	
Salt	3-1/2 oz	1/4 cup	
Sugar	2 oz	1/3 cup	
Chili powder	1-1/2 oz	1 T	
Black pepper	1/4 oz	1 T.	
Cumin	1/4 oz	2 gal (2-2/3 #10 cans)	
Canned tomatoes, chopped	17 lb	1 cup	
Mild green chilies, chopped	8 oz	1-3/4 #10 cans	
Whole kernel corn, drained	7 lb 4 oz		
Corn Bread Topping			
White flour	2 lb 8 Oz	10-1/4 cups	Corn Bread Topping: <ol style="list-style-type: none"> 1. Sift together flour, cornmeal, sugar, baking powder and salt. 2. Cut shortening into dry ingredients to a fine crumb. 3. Divide mixture into four equal parts (1 lb 8 oz). 4. Combine beaten eggs and milk. Add 2-1/2 cups liquid to each of the 4 volumes of dry ingredients; stir just until moistened. Top each pan of meat mixture with Corn Bread Topping.
Yellow cornmeal	2 lb 10 oz	7-3/4 cups	
Sugar	1/2 lb	1 cup	
Baking powder	1/2 oz	1/4 cup	
Salt	1 oz	4 tsp	
Shortening, vegetable	8 oz	1 cup	
Eggs, large, beaten	1 lb	8	
Milk, 1% lowfat		8-3/4 cups	
Serving Size : Provides 2.0 ounces meat/meat alternate, 1/2 cup vegetable and 1 serving bread/bread alternate.			Nutrients Per Serving:
			Calories 503 Fat 19 g Sodium 962 mg

TURKEY ENCHILADAS OLE (with Mild Salsa Dip)

(Developed by The Pennsylvania State University School of Hotel, Restaurant & Recreation Management for The Sugar Association, Inc .)

MAIN DISH - D-27

			Directions
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Ingredients	50 Servings		100 Servings		
	Weight	Measure	Weight	Measure	
Ground Turkey	4 lb 11 oz		9 lb 6 oz		<ol style="list-style-type: none"> 1. Brown turkey until no signs of pink remain. Drain fat and return to heat. 2. Add beans, sugar, and taco seasoning or Mexican seasoning to meat and simmer for 6 minutes. 3. Add tomato puree to meat and simmer over low heat for 10 minutes. 4. Place a No. 12 scoop (2-1/2 oz) of meat mixture in a strip down the middle of each tortilla. Top meat with 1/4 cup (1 oz) of cheese and roll tortillas loosely. Place 8 tortillas on each paper-lined half sheet tray (18x13x1") and cover with foil. For 50 servings, use 7 pans. For 100 servings, use 13 pans.
Vegetarian beans in tomato sauce	3 lb 10 oz	1 qt 2-1/4 cups	7 lb 4 oz	3 qt 1/2 cup	
Sugar	6 oz	3/4 cup	12 oz	1-1/2 cups	
Taco Seasoning or Mexican seasoning:	4 oz	2/3 cup	8 oz	1-1/3 cups	
Chile powder		2 Tbsp		1/4 cup	
Cumin		2 Tbsp		1/4 cup	
Dry oregano leaf		2 Tbsp		1/4 cup	
Garlic salt		2 Tbsp		1/4 cup	
Tomato Puree	1 lb 12 oz	3 cups	3 lb 8 oz	1 qt 2 cups	
Flour Tortillas, 7 inch	3 lb 12 oz	50 each	7 lb 8 oz	100 each	
Lowfat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 qt 1 cup	
Serving Size : . 1 enchilada with 1/4 cup of salsa provides the equivalents of 2 oz. of cooked poultry, 1/2 cup of vegetable and 1 serving of grains/breads.			Nutrients Per Serving:		Calories 319 Fat 6.9 g Sodium 784 mg

TURKEY ENCHILADAS OLE (with Mild Salsa Dip) (Continued)

Variation

a. Vegetarian Bean Enchiladas

50 servings: In step 1, substitute 4 lb 8 oz (2 qt) canned vegetarian beans in tomato sauce for the ground turkey. In a stock pot, simmer beans for 10 minutes over low heat. In step 2, omit beans. Follow step 3. In step 4, portion beans using a No. 20 scoop. Continue with steps 5 and 6 as directed.

100 serving: In step 1, substitute 9 lb (1 gal) canned vegetarian beans in tomato sauce for the ground turkey. In a stock pot, simmer beans for 10 minutes over low heat. In step 2, omit beans. Follow step 3. In step 4, portion beans using a No. 20 scoop. Continue with steps 5 and 6 directed.

MILD SALSA DIP (for Turkey Enchiladas Ole)

(Developed by The Pennsylvania State University School of Hotel, Restaurant & Recreation Management for The Sugar Association, Inc.)

MAIN DISH - D-28

Ingredients	50 Servings		100 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Crushed tomatoes in puree Garlic powder Dried parsley flakes Lemon Juice Sugar	6 lb 12 oz 4 oz	3 qt 1/2 cup 1 Tbsp 2 Tbsp 1/4 cup 1/2 cup	13 lb 8 oz 8 oz	1 gal 2 qt 1 cup 2 Tbsp 1/4 cup 1/2 cup 1 cup		1. Place tomatoes, garlic powder, parsley, lemon juice, and sugar in a stock pot or steam-jacketed kettle. 2. Bring salsa to a boil over medium heat. Reduce heat to low and simmer for 10 minutes. 3. Place in refrigerator to cool.
<div> <div> Serving Size : 1/4 cup provides 1/4 cup of vegetable </div> <div> Nutrients Per Serving: <div> Calories 34 Fat .2 g Sodium 191 mg </div> </div> </div>						

MLP - TURKEY AND GRAVY

MAIN DISH- D-29

Ingredients	50 Servings		128 Servings		Directions
	Weight	Measure	Weight	Measure	
Water or Fat Free Broth Beef Base, low-sodium Chicken Base Flour, enriched all-purpose Water, cold Turkey, cooked, deboned and skinned			3 pounds 16 pounds	3 gallons 1 cup 1/2 cup 1 gallon	1. Heat water or broth to boiling, If using broth, skim off fat before heating. The broth may also be cooled and the hardened fat removed. 2. Add the base. 3. Mix the flour and cold water. 4. Stir in the flour and cold water mixture and let come to a boil. 5. Add turkey and heat thoroughly.
<div> <div> Serving Size : 1/2 cup. Each serving contributes 2 oz. meat/meat alternate toward meeting meal pattern requirements. </div> <div> Nutrients Per Serving: </div> <div> Calories 103.76 Fat 2.22 g Sodium 26.40 mg </div> </div>					

MLP - TURKEY WILD RICE HOT DISH

MAIN DISH - D-30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Wild Rice, raw		2 qt			<ol style="list-style-type: none"> 1. Combine rice, salt, and water, bring to a boil and simmer until rice is open and starting to get tender (or steam). Drain rice 2. In a steam kettle, sauté onions, and celery in butter, stir in hot water and base. 3. Mix skim milk and flour together, until it is smooth and free of lumps. Add to hot water/base mixture stir. 4. Add mushrooms, turkey, rice, and water chestnuts. Put hot dish into a 2 inch steam table pan, sprinkle with almonds. 5. Bake at 350° for 30 to 40 minutes, until the sides start to bubble. 6. Serve with 6 oz. portion.
Salt, Table		1 Tbsp + 1 Tsp			
Water	2 gallons				
Butter, w/Salt		1 cup			
Onions, Fresh, chopped		5 cups, chopped			
Celery, Fresh, raw, diced		5 cups, diced			
Water, boiling	1-1/2 gallons				
Chicken base/no MSG added, Gold Label:Custom		1-1/2 cups			
Skim Milk	1 gallon				
Flour, all purpose white, enriched, bleached	2 lb				
Mushrooms, fresh	6 lb				
Turkey, Meat only, roasted, diced	6 lb 6 oz.				
Water chestnuts, canned, drained		2 qt + 2 cups			
Garlic, fresh		1 Tbsp			
White Pepper		1 Tbsp			
Ground Thyme		1 Tbsp			
Almonds, Dried, Unblanched	9 oz				
Serving Size :. 1 serving contributes 2 oz Meat/meat alternate, 1 grain/bread		Nutrients Per Serving:		Calories 378 Fat 10.17 g Sodium 339 mg	

VEGETABLES AND CHICKEN QUESADILLAS (Developed by The Wheat Foods Council)

MAIN DISH - D-31

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive or vegetable oil			15 oz	2 cups	<ol style="list-style-type: none"> 1. Heat oil and sauté onions, celery and carrots until fully cooked. Season with salt and peppers. Let cool. 2. Mix the cooled vegetables, chicken and cheese. Put (7.3 oz 1-1/3 cup) mixture on a half of each tortilla, then put 1/4 cup tomato (1.6 oz) over meat mixture. Fold tortilla over on top of the mixture. 3. Slightly tuck the edges of each folded tortilla under the fold of the one next to it to secure. Place six folded quesadillas across and four down on an 18x26" sheet pan, parchment-lined or sprayed with pan release spray. Spray tortilla tops with vegetable oil spray. 4. Bake at 400°F conventional; 375°F convection 8-10 minutes, just to brown slightly and melt cheese. Let stand at least 5 minutes. Cut each into four wedges, if desired.
Onion, chopped			11 lb	6 qt 3/4 cups	
Celery, sliced			8.5 lb	6 qt 1-1/2 cups	
Carrots, sliced			10 lb	6 qt 1 cup	
Salt			2 oz	1/4 cup	
Ground black pepper			3 oz	1/2 cup	
Pizza peppers, optional or cayenne pepper, ground				1 cup or 2 Tbsp	
Cooked skinless chicken, diced			8 lb 12 oz	8 qt 3 cups	
Mozzarella cheese, part-skim, shredded			6 lb 4 oz	6 qt 1 cup	
Fresh tomato, sliced or diced			10 lb	6 qt 1 cup	
Flour tortillas, 8-inch, 1 oz.				100 tortillas	
SERVING SIZE : 1 bread alternate, 2 oz. meat/meat alternate, 3/4 c. vegetable servings.		Nutrients Per Serving:		Calories 337 Fat 15.7 G Sodium 605 MG	

VEGETABLE CHILI WITH BULGUR (Developed by The Wheat Foods Council)

MAIN DISH - D-32

Ingredients	100 Servings		For _____ Servings	Directions
	Weight	Measure		
Tomato juice, boiling	8.5 lb	4 qt., 1 cup		<ol style="list-style-type: none"> 1. Combine tomato juice and bulgur; cover. Soak 15 minutes; reserve. 2. Sauté onions, celery, carrots, garlic powder, cumin, basil, chili powder, cayenne and black pepper; add green bell peppers. Simmer until vegetables are tender. 3. Add tomato pieces, lemon juice, tomato puree, beans and reserved bulgur and juice; simmer 15 minutes. Serve hot. If too thick, thin with tomato juice.
Bulgur	4 lb., 2 oz	3 qt		
Soybean oil	7.5 oz	1 cup		
Onions, chopped	4 lb	2 qt., 1 cup		
Celery, chopped	4 lb	3 qt		
Carrots, chopped	5 lb	3 qt., 1 cup		
Garlic powder	.5 oz	2 Tbsp		
Cumin	1.25 oz	1/3 cup		
Basil	1.25 oz	1/3 cup		
Chili powder	0.08 oz	1/3 cup		
Cayenne pepper	0.16 oz	1 tsp		
Black pepper		2 tsp		
Green bell peppers, chopped	4 lb	2 qt., 2 cups		
Tomatoes, chopped or canned	14.5 lb	2 gal + 1 qt		
Lemon juice	8 oz	1 cup		
Tomato puree	1 lb., 12 oz	3 1/4 cups		
Canned light red kidney beans	13 lb	3 gal		
Serving Size : 2 meat alternate, 1/2 bread alternate, 3/4 c. vegetable		Nutrients Per Serving:	Calories 184 Fat 2.98 g Sodium 391 mg	

Serving suggestions: Garnish with cheese, 1/4 oz. per serving. Serve in toasted bread cups.

BROCCOLI CHICKEN CASSEROLE

MAIN DISH - D-33

Ingredients	50 Servings		For _____ Servings	Directions
	Weight	Measure		
Cooked and diced chicken	6.5 lb	12 cups		1. Combine ingredients and put into a steamtable pan. 2. Cover with plastic wrap and then foil. 3. Bake at 300°F for 40 minutes, uncover and continue to bake until the casserole is firm, about 15 minutes.
Onions, diced	1 lb			
Frozen broccoli cuts	5 lb			
Shredded cheddar cheese-low fat	1.6 lb			
Bread cubes				
Cream of chicken, celery, or mushroom soup	2 - 51 oz cans			
Serving Size: 6 oz serving contributes 1/4 c. vegetable and 2 oz. meat/meat alternate.			Nutrients Per Serving: Calories Fat Sodium	248 11.53 g 660 mg Na

SC - COLE SLAW

SALADS AND SALAD DRESSINGS - E-1

Ingredients	50 Servings		100 Servings		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Shredded Fresh Cabbage			10 pounds			1. Mix together. 2. Serve with a #16 scoop.
Salad Dressing, lite				2 cups		
Skim Milk				2 cups		
Sugar, white granulated				1/2 cup		
Vinegar				1 Tbsp		
Salt				1/2 tsp		
<div> Serving Size : Each serving contributes 3/8 cup vegetable toward meeting meal pattern requirements. Nutrients Per Serving: <div> Calories 31 Fat 1.6 g Sodium 54 mg </div> </div>						

MLP - COLESLAW WITH PINEAPPLE

SALADS AND SALAD DRESSINGS - E-2

Ingredients	528 Servings		For	Directions
	Weight	Measure	Servings	
Cabbage, chopped from fresh	40 pounds	3 quarts		1. Mix together well.
Diced Pineapple, in own juice, canned				2. Serve with a #16 scoop.
Salad Dressing, lite	6 pounds + 8 ounces			
Serving Size : Each serving contributes 1/4 cup fruit/vegetable toward meeting meal pattern requirements.		Nutrients Per Serving:		Calories 27
				Fat 1.77 g
				Sodium 42 mg

MEDITERRANEAN SALAD (From 1995-96 Minnesota Chef Child Promotion-Duluth)

SALADS AND SALAD DRESSINGS - E-3

Ingredients	100 Servings		Directions
	Weight	Measure	
LCR Lettuce (4-5# bags) Romaine lettuce, for color Broken Mandarin Oranges Fat Free Italian Dressing Toasted sliced almonds Sugar	1 case 4 heads 2 #10 cans 1 lb	 1 gallon 1 cup	1. Put LCR lettuce in cold water and add 4 heads chopped romaine for color. Mix well and strain. 2. Add juice from 1/2 of 1 can mandarin oranges to 1 gallon fat free Italian dressing and 1 cup white sugar. Whisk all ingredients. 3. Mix dressing and lettuce at the last possible minute (to prevent wilting) like a Caesar salad. Top with 3 or 4 broken mandarin oranges and a couple toasted almonds.
Serving Size: 3 oz. contributes 1/2 cup vegetable. Nutrients Per Serving: <div> Calories 75 Fat 2.67 g Sodium 365 mg </div>			

PASTA SALAD W/BROCCOLI (Developed by the Massachusetts Dept. of Education/John Stalker Institute)

SALADS AND SALAD DRESSINGS - E-4

Ingredients	50 Servings		Directions
	Weight	Measure	
Water		1-1/4 gal	1. Thaw and drain broccoli and carrots. 1a. Heat water to rolling boil. 2. Slowly add pasta spirals while stirring constantly until cook. Drain well. 3. Add carrots, broccoli, and spices. Shake. 4. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with no. 8 scoop (1/2 cup)
Macaroni, spirals, dry, uncooked	1 lb		
Broccoli, frozen, chopped, not thawed	4-1/4 lb		
carrots, frozen, crinkle cut	2 lb		
Parsley, dried		2 oz	
Garlic Powder		1/4 tsp	
Black Pepper		1 tsp	
Salad Dressing, Lite Italian		10 oz	
Serving Size: 1/2 cup contributes 1/2 bread/grain alternate, 1/4 cup vegetable.			Nutrients Per Serving: Calories 59 Fat .88 g Sodium 73 mg

MLP - FRENCH DRESSING

SALADS AND SALAD DRESSINGS - E-5

Ingredients	50 Servings		7 Gallons - 1792 servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable Oil				1 gallon		1. Combine all ingredients in VCM or mixer for 2-4 minutes.
Catsup				5 #10 cans		
Lemon, juice				2 cups		
Water				1 gallon		
Vinegar				2 quarts		
Paprika				3/4 cup		
Onion, dehydrated				2 cups		
Sugar, white granulated			12 pounds			
Garlic Powder				2 Tbsp		
Serving Size : 1 Tbsp		Nutrients Per Serving:		Calories	38	
				Fat	1.99 g	
				Sodium	108 mg	

MLP - SALAD DRESSING/VEGETABLE DIP

SALADS AND SALAD DRESSINGS - E-6

Ingredients	1 Gallon - 256 servings		For	Directions
	Weight	Measure	Servings	
Buttermilk (ranch style) Salad Dressing Mix Buttermilk Mayonnaise	1-3.2 ounce pkg.	3 quarts 1 quart		1. Combine all ingredients in VCM or mixer.
<div>Serving Size : 1 Tbsp</div> <div>Nutrients Per Serving:</div> <div>Calories30..25</div> <div>Fat2.84 g</div> <div>Sodium57.02 mg</div>				

AMERICAN SUB SANDWICH (Developed by the Massachusetts Dept. of Education/John Stalker Institute)

SANDWICHES - F-1

Ingredients	50 Servings		Directions
	Weight	Measure	
Turkey Breast, Cooked, No salt/oz Ham, Light/oz Cheese, American-reduced fat Roll, Kaiser, Sandwich/each-sliced Lettuce, Iceberg/Head Tomatoes, Raw/each Green Peppers, Sweet, Raw, Med/each		2-1/3 lb 2-1/3 lb 2-1/3 lb 50 each 3 each 3-5/8 lb 4 lb	1. Slice meats and cheese into 3/4 oz slices. Cover and hold in refrigerator until ready to assemble sandwiches. 2. Shred lettuce; set aside. 3. Core tomatoes and slice into 1/2 oz slices. Set aside. 4. Core peppers and slice thinly. 5. To assemble: Place 3/4 oz each turkey, ham, and cheese on each roll. Top with 1 oz each shredded lettuce, sliced tomato, and pepper slices. Slice sandwiches in half; wrap individually or place on serving trays. Keep covered and air tight; refrigerate until serving time.
<div><div>Serving Size: 1 each contributes 2 oz Meat/meat alternate, 1/4 cup vegetables, 2 Bread/grain alternate.</div><div>Nutrients Per Serving:</div><div><div>Calories315</div><div>Fat9.19 g</div><div>Sodium786 mg</div></div></div>			

MLP - HAM AND CHEESE SANDWICH

SANDWICHE - F-2

SANDWICHES

Ingredients	1 Servings		For	Directions						
	Weight	Measure	Servings							
Butter Ham, cured, boneless (approx. 11% fat) unheated American Cheese Whole Wheat Bun	1-1/2 ounces 3/4 ounce 2 ounces	1/2 tsp		1. Lightly butter 1/2 bun. 2. Place ham and cheese on bun. 3. Garnish with lettuce leaf & tomato slice or pickle spear.						
<div><div>Serving Size : 1 sandwich. Each serving contributes 2-1/4 oz. meat/meat alternate and 2 servings bread/grain alternate.</div><div>Nutrients Per Serving:<table><tr><td>Calories</td><td>301</td></tr><tr><td>Fat</td><td>14.07 g</td></tr><tr><td>Sodium</td><td>1191 mg</td></tr></table></div></div>					Calories	301	Fat	14.07 g	Sodium	1191 mg
Calories	301									
Fat	14.07 g									
Sodium	1191 mg									

HAM AND CHEESE BUNS (Developed by The Wheat Foods Council)

SANDWICHES - F-3

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen bread dough, thawed			12 lb 8 oz		<ol style="list-style-type: none"> 1. Dust each thawed (1 lb) dough portion with flour. Roll out to 16x10" rectangles. 2. Mix honey, mustard and cloves. Spread on dough. 3. Cover honey-glazed dough with layers of ham, then cheese. 4. Roll dough lengthwise to form log shape. Cut into eight, 2" wide slices. Place rolled slices into pan-sprayed muffins tins or on 18x26" sheet pans. Place seam edge next to adjoining rolls to secure (30 per pan.) 5. Allow dough to rise about 1 hour. 6. Bake in preheated (350°F conventional; 300°F convection) oven about 20 minutes until golden. Allow to cool slightly before removing.
All-purpose flour			4 oz	1 cup	
Honey			12 oz	1 cup	
Dijon mustard				1/2 cup	
Ground cloves				1 tsp	
Lean turkey ham, slices			7-1/2 lb		
Mozzarella cheese, part-skim grated or sliced			8 lb	8 qt	
Serving Size : 2 oz meat/meat alternate, 2 bread servings Nutrients Per Serving:					Calories 239 Fat 9.07 g Sodium 698 mg

MLP - TUNA SALAD SANDWICH

SANDWICHE - F-4

Ingredients	50 Sandwiches		100 Sandwiches		Directions
	Weight	Measure	Weight	Measure	
Canned Tuna, water pack Salad Dressing, lite Chopped Celery, fine Chopped Onion Pepper Whole Wheat Bread White Bread			199.5 ounces (3-66-1/2 ounce cans)	2 quarts 2 cups 1/2 cup 1/2 tsp 100 slices 100 slices	1. Drain tuna. Mix well. 2. Add dressing, celery, onions, and pepper. Mix well. 3. Spread tuna salad on whole wheat bread. Place white bread on top of tuna. Cut sandwiches diagonally. Turn half of each sandwich over so that half a slice of white and half a slice of whole wheat are on top.
Serving Size : . Each serving contributes 1-1/2 oz. meat/meat alternate and 2 servings bread/grain alternate.					Nutrients Per Serving: Calories 245 Fat 8.31 g Sodium 559 mg

TUNA BOAT (Developed by the Massachusetts Dept. of Education/John Stalker Institute)

SANDWICHES - F-5

Ingredients	50 Servings		Directions
	Weight	Measure	
Tuna, canned in water	8-1/3 lb		1. Drain tuna. Add onions and celery. 2. Combine mustard and mayonnaise. Mix with tuna, onions and celery. 3. Fill pita bread. Use #10 scoop.
Onions, dehydrated, flaked		6 Tbsp	
Celery, stalk, chopped	3-1/4 lb		
Mustard, ground		1-1/2 tsp	
Mayonnaise, light	2-2/3 lb		
Pita Bread, Whole Wheat, Large/each		50 each	
Serving Size: 1 each contributes 2 Meat/meat alternate, 2 Bread/grain alternate.			
Nutrients Per Serving:			
		Calories	344
		Fat	10.38 g
		Sodium	799 mg

TURKEY WITH A TWIST (Developed by The Wheat Foods Council)

SANDWICHES - F-6

Ingredients	100 Servings		For _____ Servings	Directions
	Weight	Measure		
Soft pretzel, 2 oz., unsalted	6 lb., 4 oz	100 pretzels		1. Slice pretzels in half as for a bun. 2. Mix and spread inside pretzel halves. 3. Place 1 oz turkey, 1 oz cheese and fresh, washed spinach leaves in layers on each pretzel half. 4. Cover with other half of pretzel.
Low-fat dressing, mayonnaise		1 qt., 2 Tbsp		
Mustard		2 cups, 1 Tbsp		
Turkey slices	10 1/2 lb			
Mozzarella cheese slices (part skim)	6 lb., 4 oz.			
Spinach leaves or leaf lettuce	3 lb., 8 oz.	6 qt., 1 pt		
Serving Size : 1 meat, 2 bread, 1/4 c. vegetable servings. Nutrients Per Serving: <div> Calories 319 Fat 9.37 g Sodium 672 mg </div>				

MLP - LOW-FAT LOW-SODIUM GRAVY

SAUCES, GRAVIES, SEASONING MIXES - G-1

Ingredients	Servings		4 - 4-1/2 gallons		For	Directions
	Weight	Measure	Weight	Measure	Servings	
Water or Fat Free Broth Beef Base, low sodium Chicken Base, low sodium Flour, enriched all-purpose Cold Water			3 pounds	3 gallons 1 cup 1/2 cup 1 gallon		1. Heat water or broth , skim off fat before heating. The broth may also be cooled and the hardened fat removed. 2. Add the base. 3. Mix the flour and cold water. 4. Stir in the flour and cold water mixture and let come to a boil.
Serving Size :. 2 Tablespoons.		Nutrients Per Serving:		Calories	5.09	
				Fat	.01 g	
				Sodium	.81 mg	

MLP - NATURAL SALT SUBSTITUTE

Herbed Seasoning Blend

SAUCES, GRAVIES, SEASONING MIXES - G-2

Ingredients	Servings		For _____ Servings	Directions
	Weight	Measure		
Dill or Basil Leaves, crushed Onion Powder Oregano Leaves, crushed Celery Seeds Lemon Peel, grated (dried) Black Pepper		1/4 cup 1/4 cup 2 tsp 2 tsp 1/2 tsp pinch		1. Combine all ingredients in the amounts listed and blend thoroughly. 2. Put in a salt shaker and use in place of salt. (If the ingredients stick together, adding a few grains of uncooked rice may help.)

MLP - NATURAL SALT SUBSTITUTE

Spicy Flavor Blend

SAUCES, GRAVIES, SEASONING MIXES - G-3

Ingredients	Servings		For _____ Servings	Directions
	Weight	Measure		
Savory, crushed Powdered Mustard Onion Powder Curry Powder Ground Cumin Garlic Powder		1/4 cup 2 Tbsp 1 Tbsp + 2 tsp 1 Tbsp 2-1/2 tsp 1 tsp		1. Combine all ingredients in the amounts listed and blend thoroughly. 2. Put in a salt shaker and use in place of salt. (If the ingredients stick together, adding a few grains of uncooked rice may help.)

MLP - NATURAL SALT SUBSTITUTE
Nice Spice

SAUCES, GRAVIES, SEASONING MIXES - G-4

Ingredients	Servings		For _____ Servings	Directions
	Weight	Measure		
Thyme Savory Sage Marjoram Rosemary		1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup		1. Combine all ingredients in the amounts listed and blend thoroughly. 2. Put in a salt shaker and use in place of salt. (if the ingredients stick together, adding a few grains of uncooked rice may help.)

WHOLESOME LENTIL SOUP

SOUPS - H-1

Ingredients	50 Servings		Directions
	Weight	Measure	
Lentils	3-3/4 lb		<ol style="list-style-type: none"> Sort lentils for debris; rinse and drain. In a steam jacketed kettle or large stock pot boil onions with 1-1/2 cups broth until liquid evaporates and onions begin to brown. Add remaining broth; stir to free browned bits. Add lentils, water, carrots, celery, tomatoes and their liquid, basil, thyme, bay leaves and pepper. Cover and bring to a boil, simmer until lentils are soft to bite, about 1 hour. Serve, or if making ahead, let soup cool, cover and chill up to 3 days. Makes about 6-1/4 gallons. Serves 50.
Onions, chopped	6-1/4 lb		
Vegetable broth or non-fat chicken broth		1 gallon + 3-1/2 qt	
Water		1 gallon + 1 qt	
Carrots, thinly sliced	10 lb		
Celery, sliced	5 lb		
Italian-style tomatoes (don't drain)	1-1/2 #10 can	3 Tbsp + 1 tsp	
Dried Basil leaves		3 Tbsp + 1 tsp	
Dried Thyme leaves		3 Tbsp + 1 tsp	
Dried bay leaves		1/4 cup	
Pepper			
Serving Size: Contributes 1/2 c. f/v component Nutrients Per Serving:			Calories 222 Fat 1.69 g Sodium 631 mg

HOMEMADE CHICKEN RICE SOUP

SOUPS - H-2

Ingredients	150 Servings	Directions
	Measure	
White Rice (cooked) or a blend of white and wild Chicken base (salt free) Water Cooked chicken (diced) Fresh carrots (diced) Fresh celery (diced) Fresh onions (diced) Garlic Powder Butter	3 gallons + 1 pint 2 cups 4 gallons 6 cups 4 cups 4 cups 4 cups 1/2 cup 1/4 lb	1. Cook rice and put aside after you drain (1 cup rice to 3 cups water) 2. Melt butter and sauté vegetables and chicken for 10 minutes then add water. Add chicken base and rest of seasoning. Simmer to develop flavor.
Serving Size 6 oz contributes Nutrients Per Serving:		
1/4 bread/grain serving		Calories 110 Fat 1.94 gm Sodium 153 mg

COLORFUL MARINATED VEGETABLES (Developed by Alabama Department of Education)

VEGETABLES - I-1

Ingredients	24 Servings		96 Servings		Directions																								
	Weight	Measure	Weight	Measure																									
Cauliflower, fresh, raw Broccoli, fresh, raw Carrots Garlic Vinegar Vegetable Oil Mustard Pepper Sugar Raw Mushrooms (optional)		1 qt 1 pt 1 pt 1 cup 1 qt 1 pt 3 cloves 3/4 cup 1/4 cup 1/8 cup 1 tsp 1 Tbsp 1/2 cup		1-1/2 gals 3 qt 1-1/2 gals 12 cloves 1 pt 1 cup 1 cup 1/2 cup 1 Tbsp 1 tsp 1/4 cup 1 pt	1. Separate cauliflower and broccoli into small florets. Place in stainless steel container with cover. 2. Slice carrots, add to cauliflower. 3. Mix remaining ingredients together and pour over vegetables. Toss to coat. 4. Cover and refrigerate several hours or overnight. 5. Remove garlic and drain.																								
<table> <tr> <td>Serving Size : 1/2 cup</td> <td>Nutrients Per Serving:</td> <td>Calories</td> <td>49</td> <td>YIELD:</td> <td>24 servings</td> </tr> <tr> <td>Provides 1/2 cup vegetable</td> <td></td> <td>Fat</td> <td>2.5 g</td> <td></td> <td>(1) 12x20x2-1/2" steam table pan</td> </tr> <tr> <td></td> <td></td> <td>Sodium</td> <td>35 mg</td> <td></td> <td>96 servings</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>(2) 12x20x4" steam table pans</td> </tr> </table>						Serving Size : 1/2 cup	Nutrients Per Serving:	Calories	49	YIELD:	24 servings	Provides 1/2 cup vegetable		Fat	2.5 g		(1) 12x20x2-1/2" steam table pan			Sodium	35 mg		96 servings						(2) 12x20x4" steam table pans
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